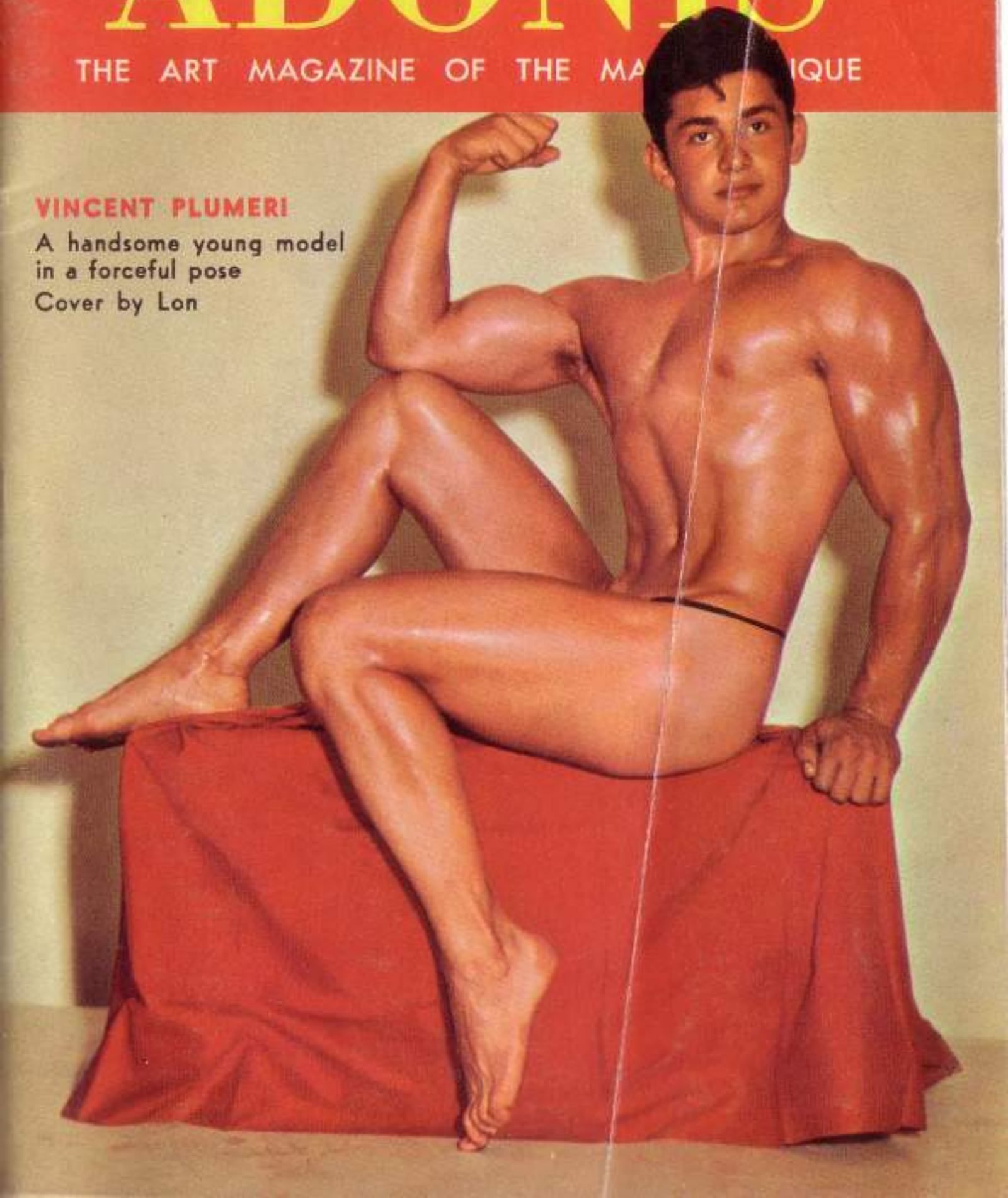
AUGUST/25c

A N C

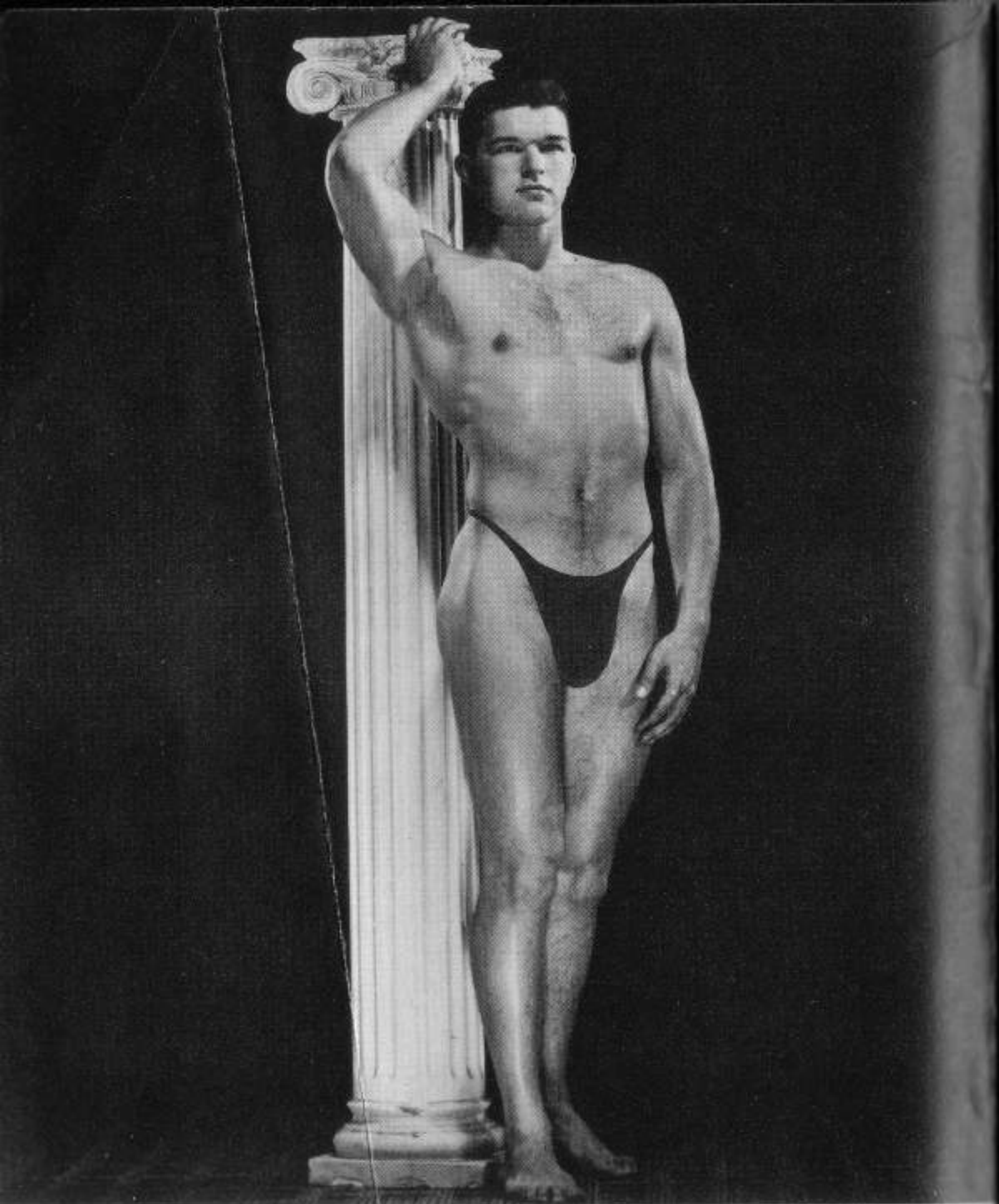
ADONIS

THE ART MAGAZINE OF THE MA IQUE



VINCENT PLUMERI

A handsome young model
in a forceful pose
Cover by Lon



BILL DUDLEY by Delmonteque

A pose of grace and innate dignity

Bob Delmonteque in Diagonal Symmetry with Rudy Valentino

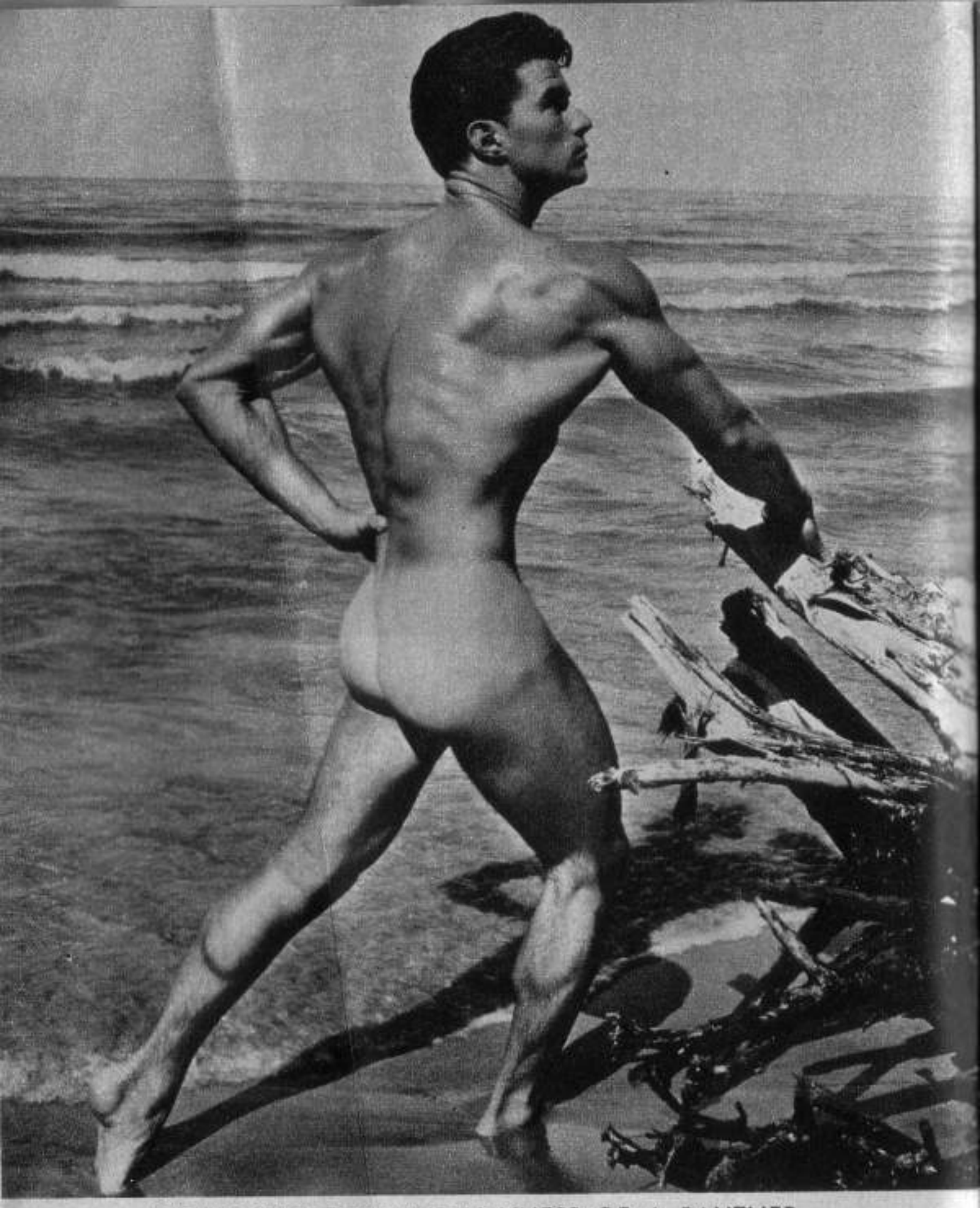
Foreword

"what's cookin'?"

"What's cookin'?" you say? Well, quite possibly it may be you! If you have been staggering through this never-ending winter entombed in red flannel undies, chances are that you can hardly wait to trade in that gravestone pallor for the tawny sun-bronze of a Muscle Beach native.

If this is the case may we pul-l-e-a-s-e urge you to take it easy! Don't try to look like Gunga Din the very first day. Remember this . . . your skin, having been preserved in wool for so long, has lost much of its pigment. There is left just a certain amount on which the sun can operate in order to tan you. Therefore, until you have built up gradually an extra supply of (*Continued on page* 50)

AUGUST 1955. VOL. 1, NO. 5. Published bi-monthly by Adonis Publication, 16 Hopkins Avenue, Jersey City, N. J. Printed in the U.S.A.



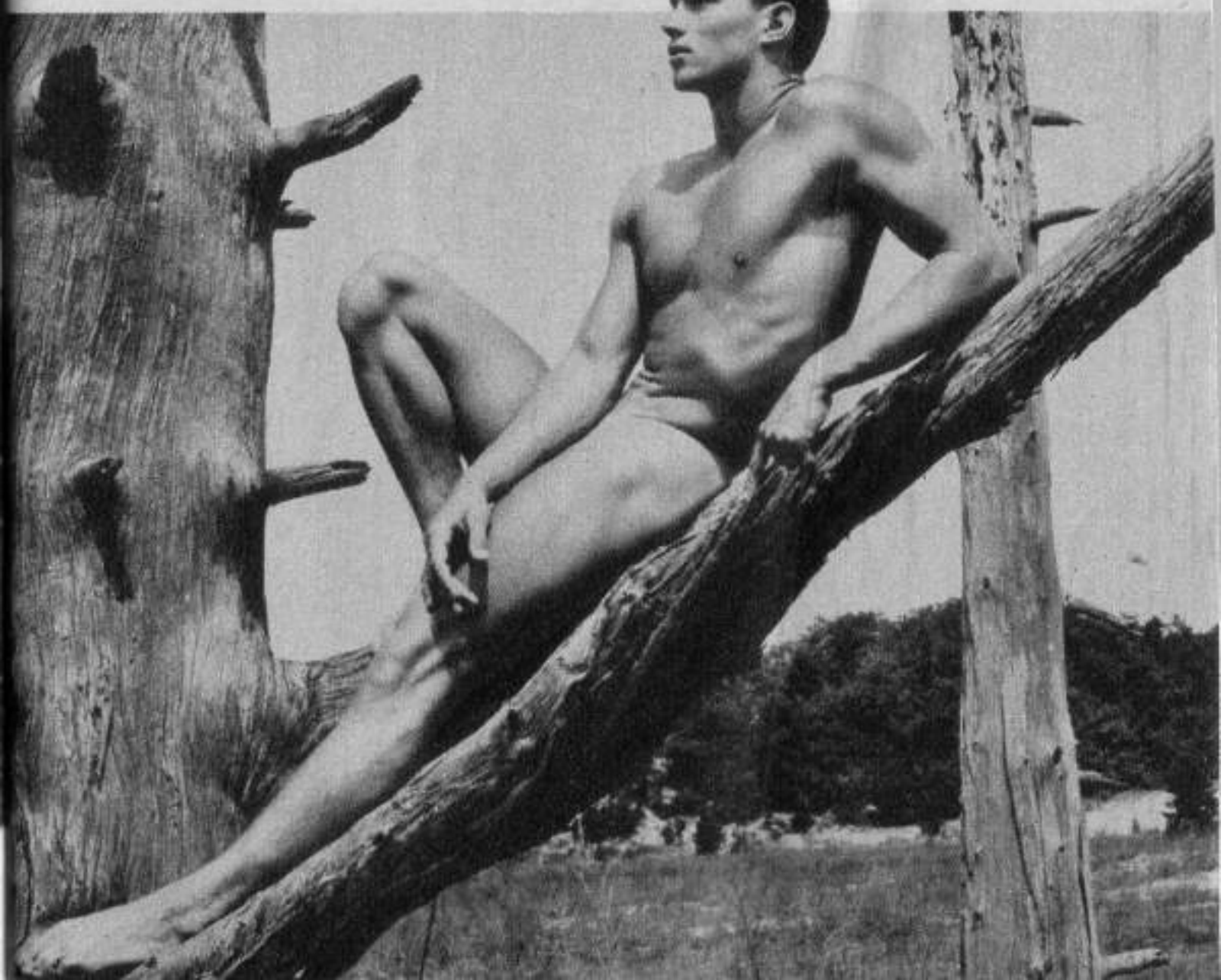
GLENN SUGGESTS THE LITHNESS OF A PANTHER

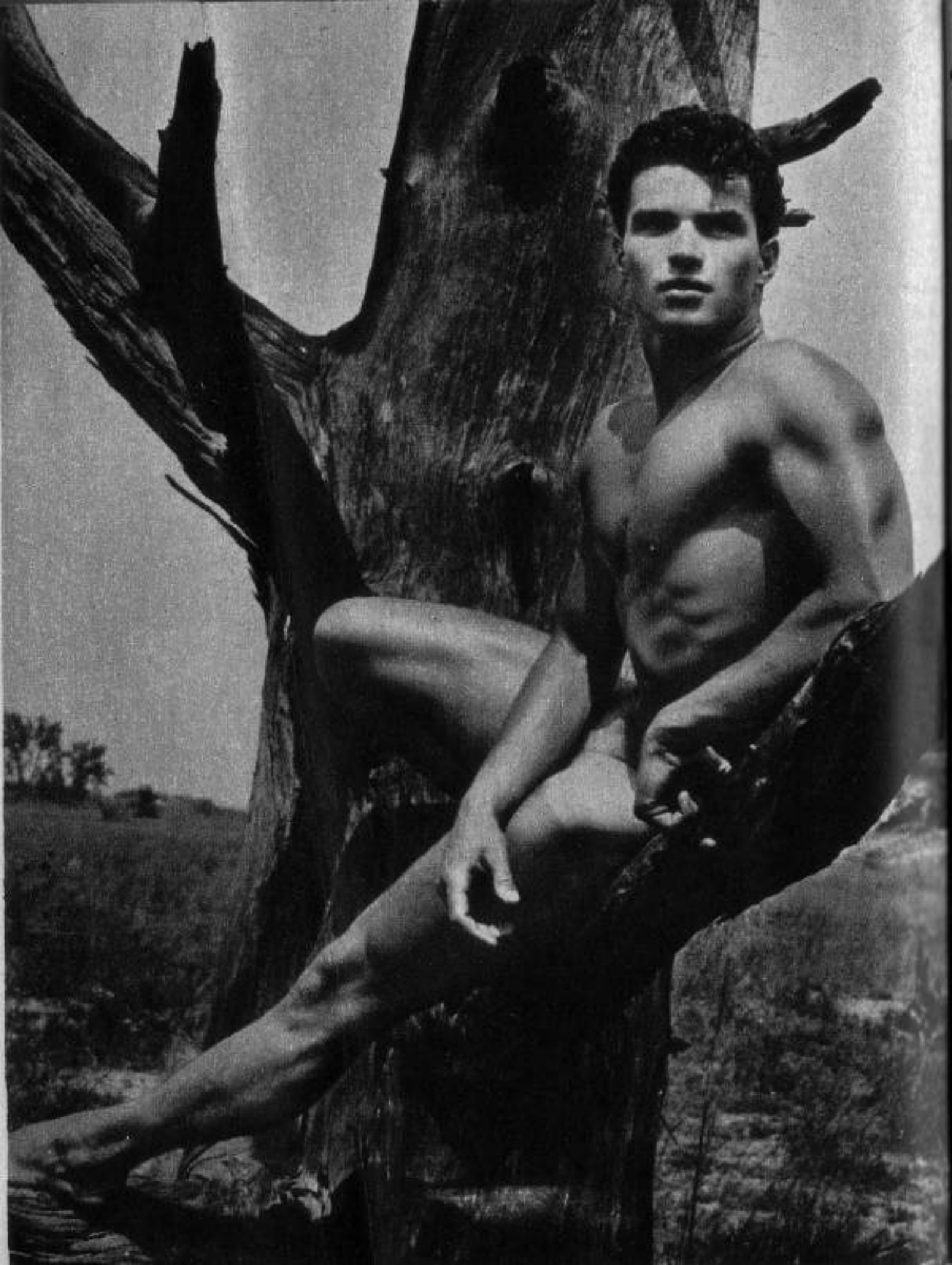
Command Performance

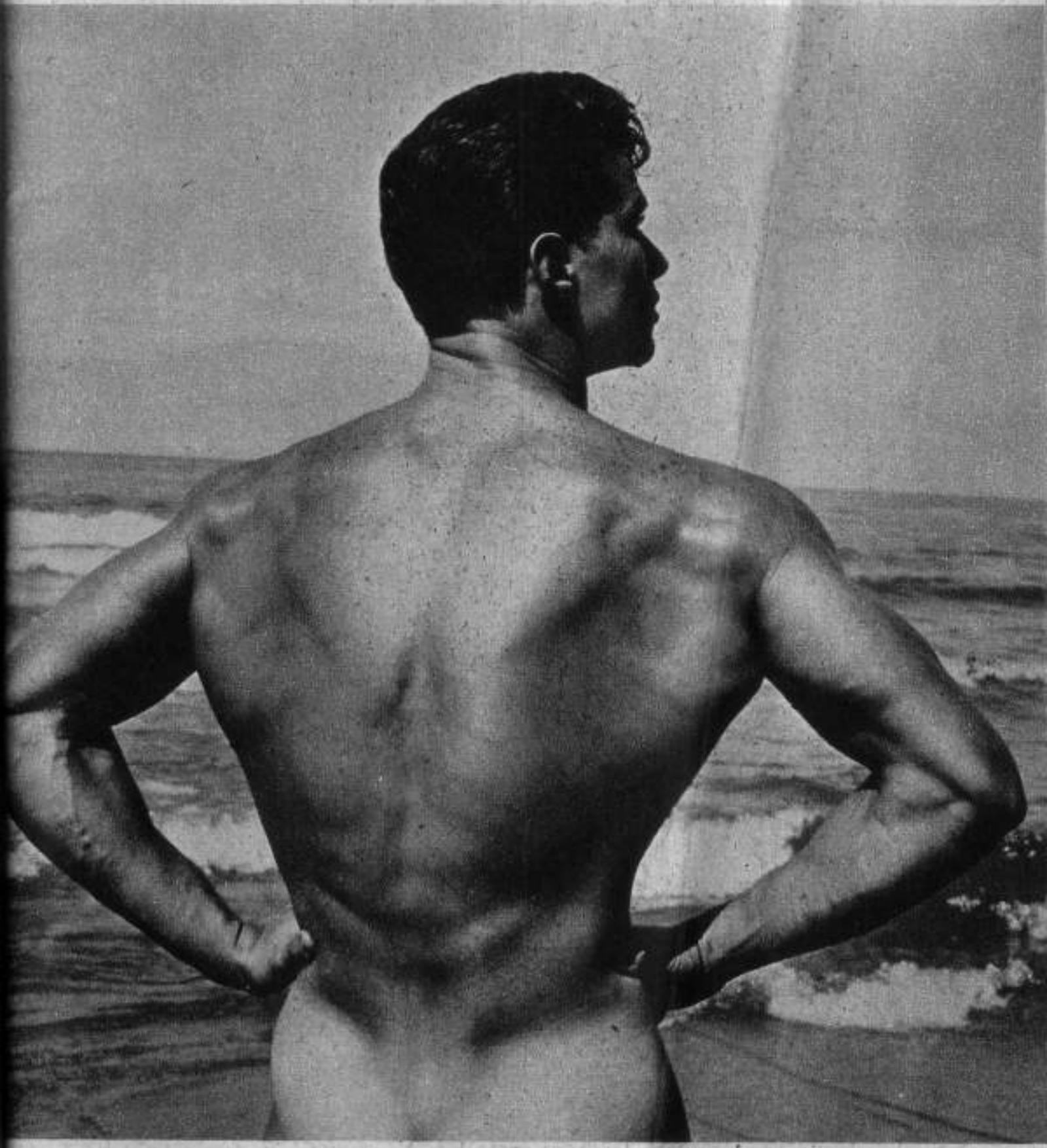
Just let a single issue of ADONIS or BODY BEAUTIFUL go on sale without at least one picture of Glenn Bishop somewhere in its pages, and young American declares war on us.

"Somebody goofed!" indignantly scolds a member of the GLENN BISHOP FOR PRESIDENT club. "Where's that Bishop guy this month?" another querulously chides. The Bishop appeal is international, for a reader in London admonishes us, "Astonishing bit (*Continued on page* 42)

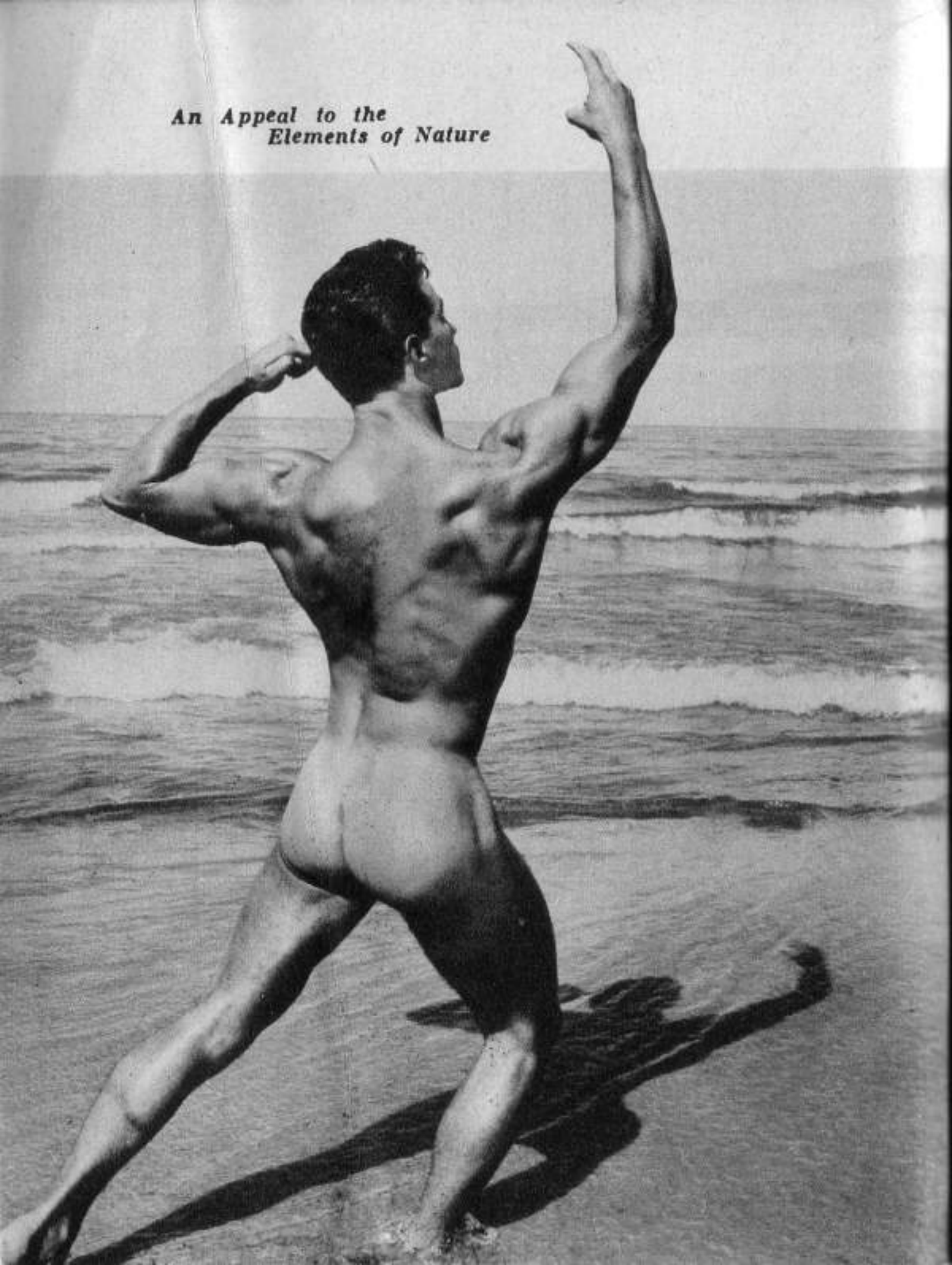
GLENN BISHOP
America's Young Ideal

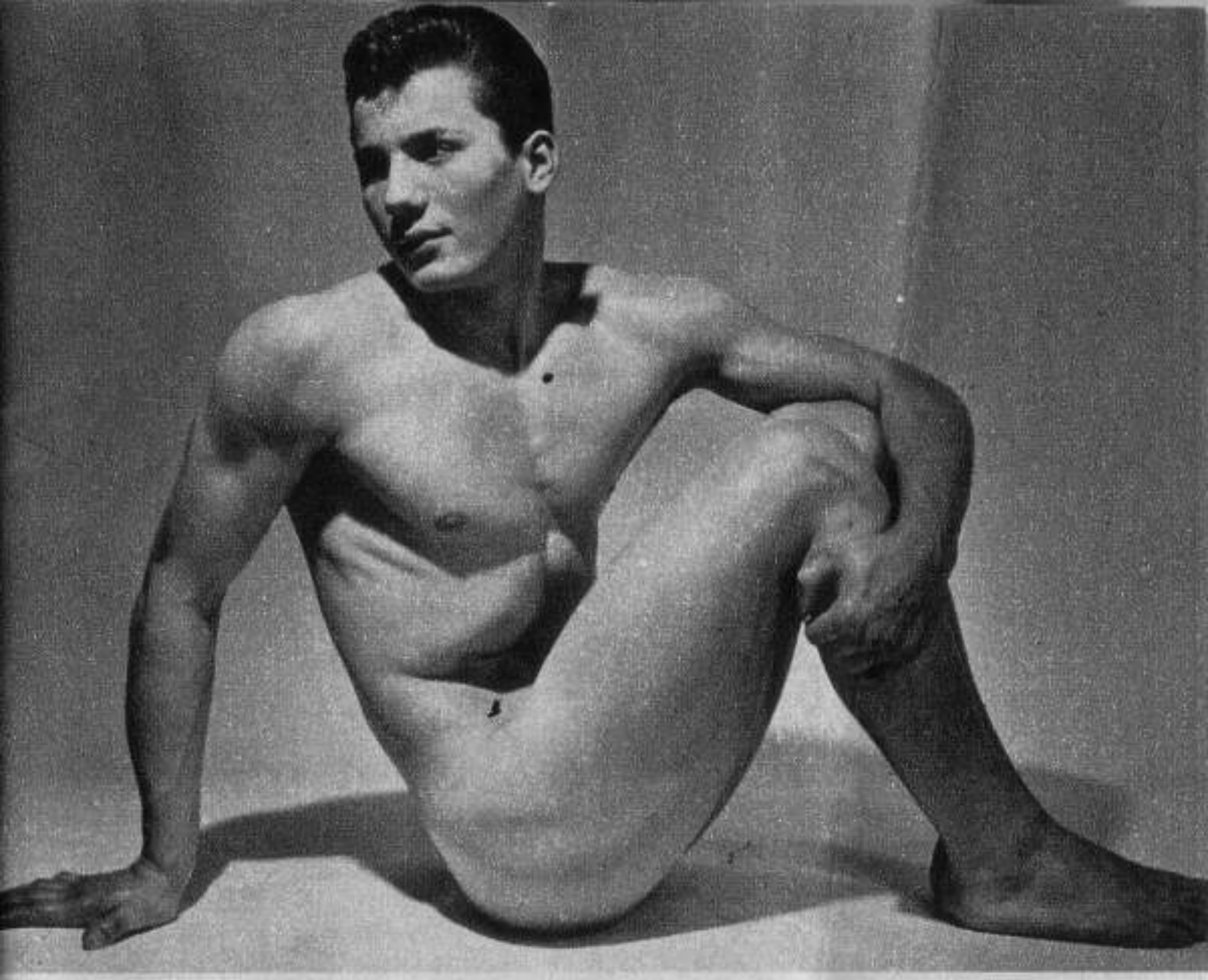






GLENN DISPLAYS HIS SYMMETRICAL BACK


An Appeal to the
Elements of Nature

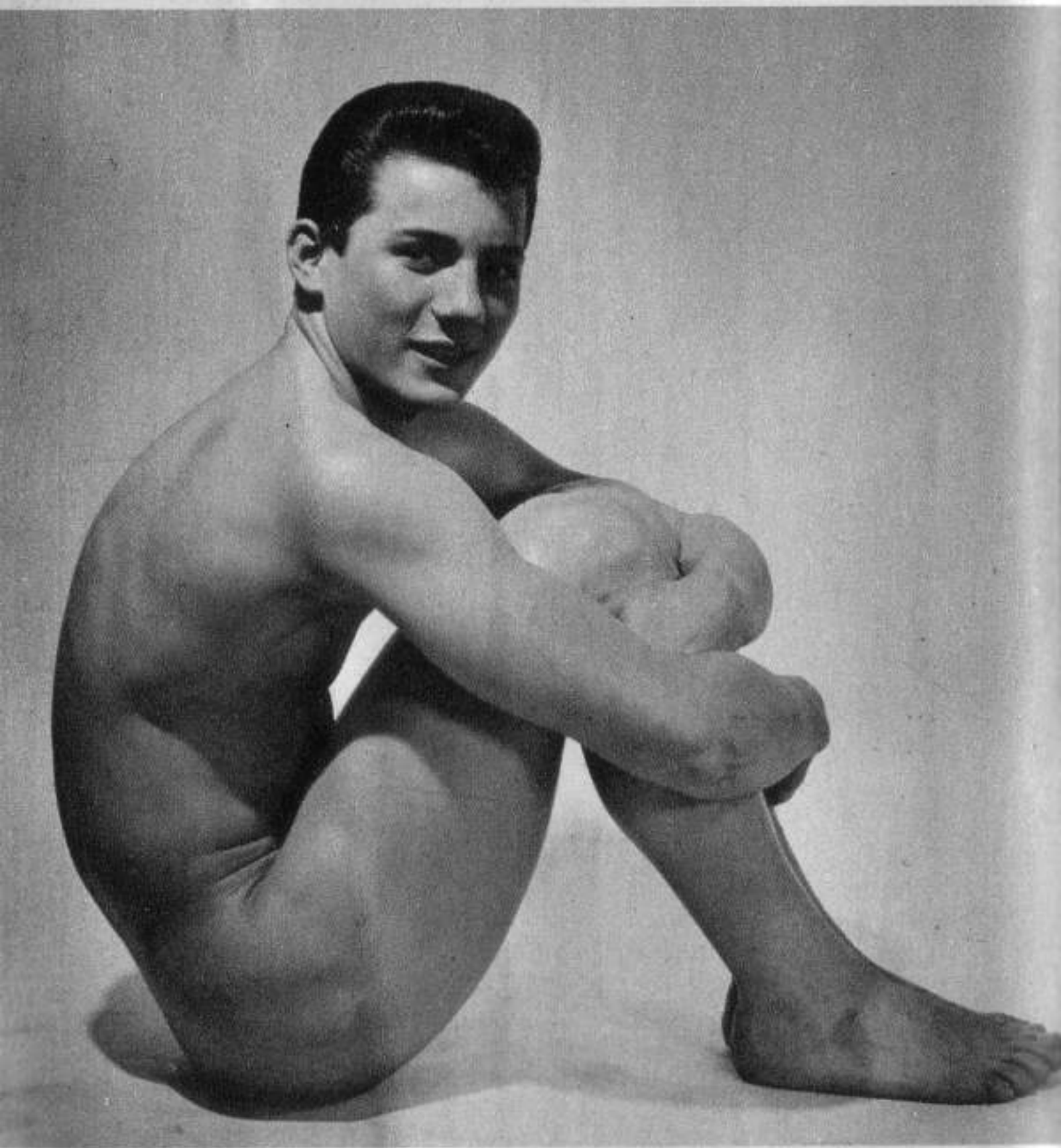


STEVE WENGRYN *relaxes in a pose of quiet ease*

stardom for steve

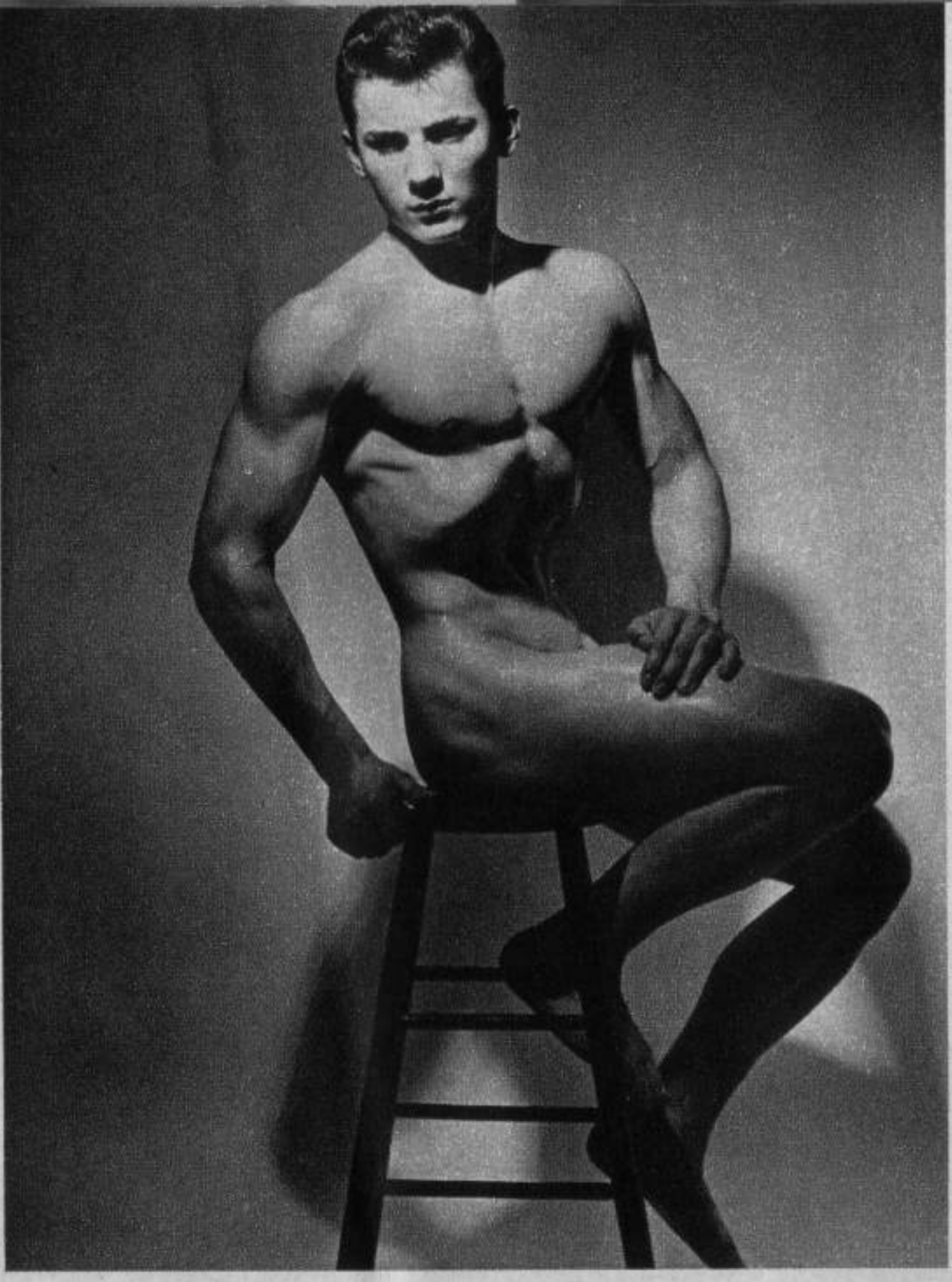
A delighted reader in Baltimore writes . . . "Your magazines are the "mostest"! Although I have seen but two issues of your distinctive publications, I have become impressed by the fact that not only do you give us so many new faces, but that the more familiar ones are presented in such a wide variety of fresh and inventive poses."

As a corollary of this observation, ADONIS is privileged to show you some handsome *new* photographs of our handsome *old* friend, Steve Wengryn. Steve had posed for many fine photographers, and his likeness has been duly recorded here and elsewhere. (*Continued on page* 45)



A rhapsody of youth and lyric grace

STEVE WENGRYN by Vulcan

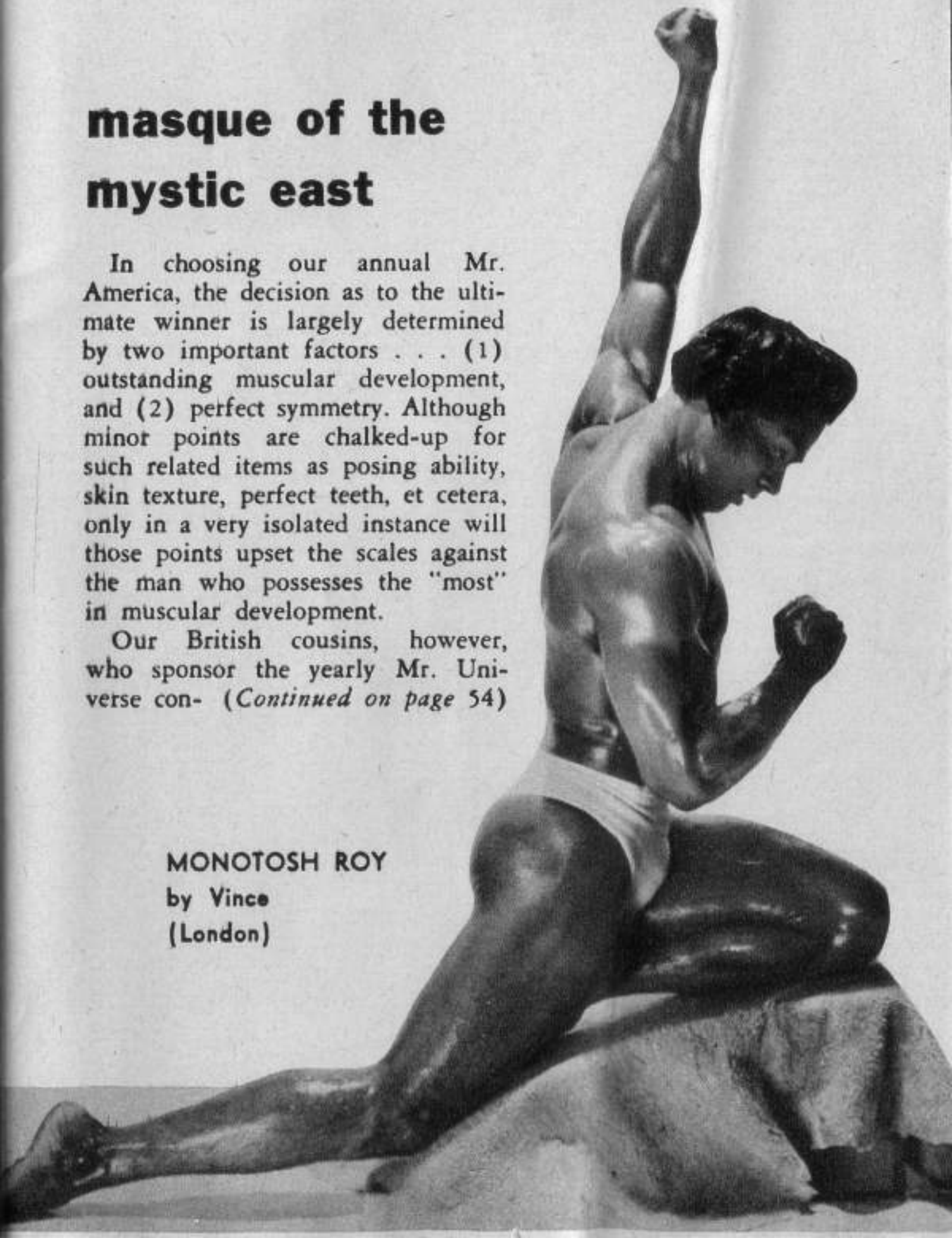


A REFLECTIVE MOMENT IN LIGHT AND SHADOW

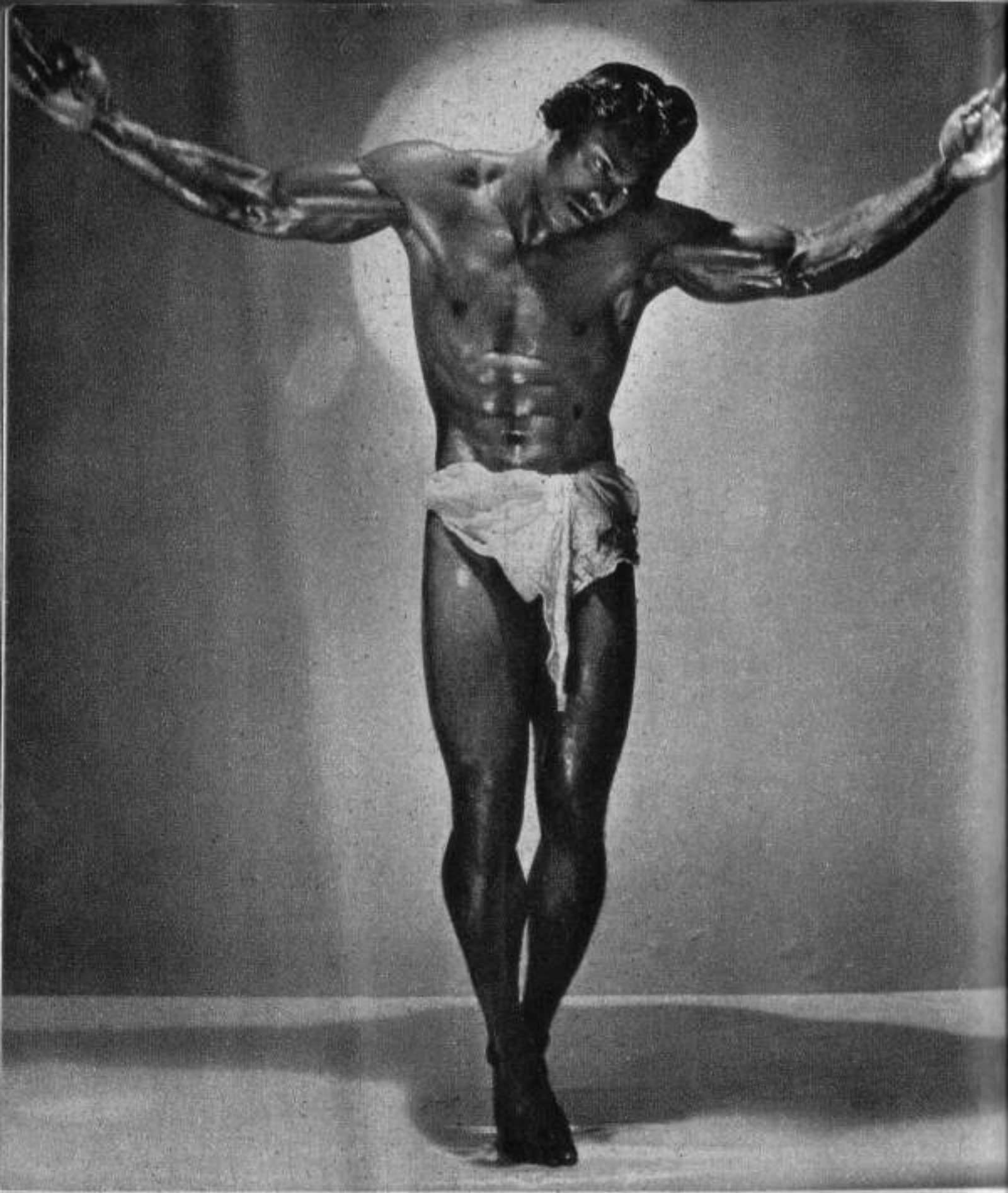
masque of the mystic east

In choosing our annual Mr. America, the decision as to the ultimate winner is largely determined by two important factors . . . (1) outstanding muscular development, and (2) perfect symmetry. Although minor points are chalked-up for such related items as posing ability, skin texture, perfect teeth, et cetera, only in a very isolated instance will those points upset the scales against the man who possesses the "most" in muscular development.

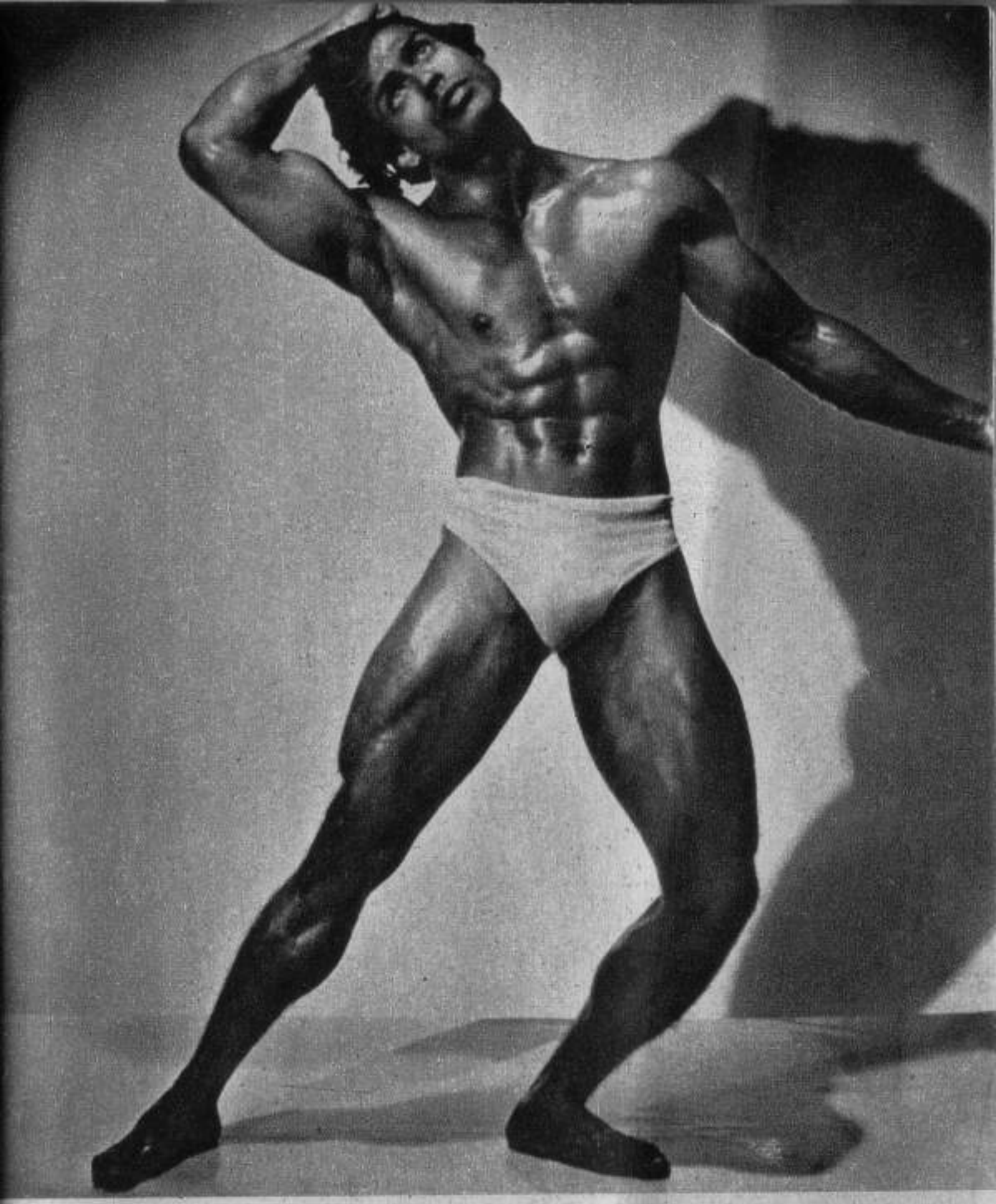
Our British cousins, however, who sponsor the yearly Mr. Universe con- (*Continued on page* 54)



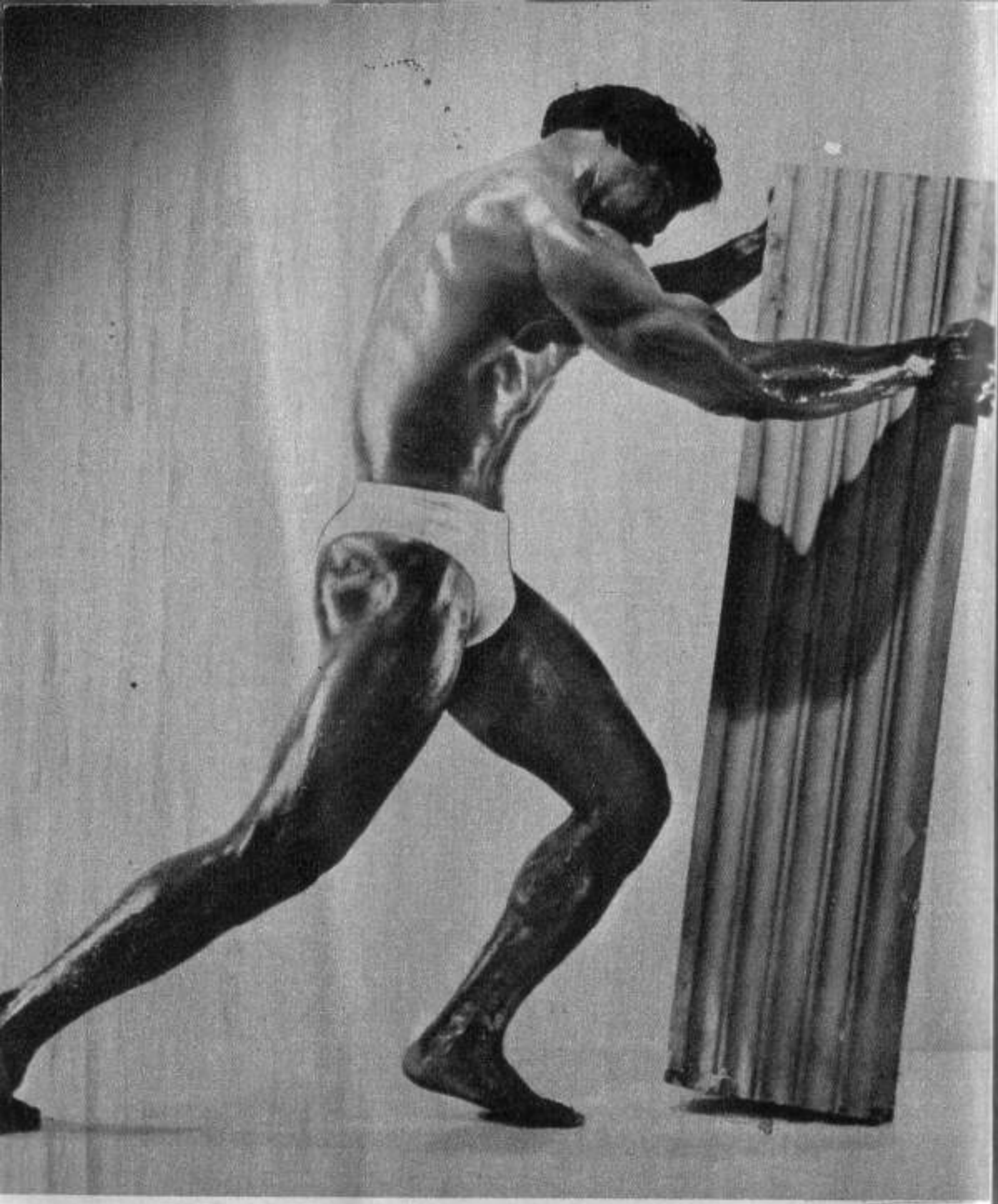
MONOTOSH ROY
by Vince
(London)



PAGAN — RITUALISTIC — EXOTIQUE



A MODERN MYSTIC



A STUDY IN ORIENTAL SHADOW AND SUBSTANCE

JIM GLASPER

by Bruce

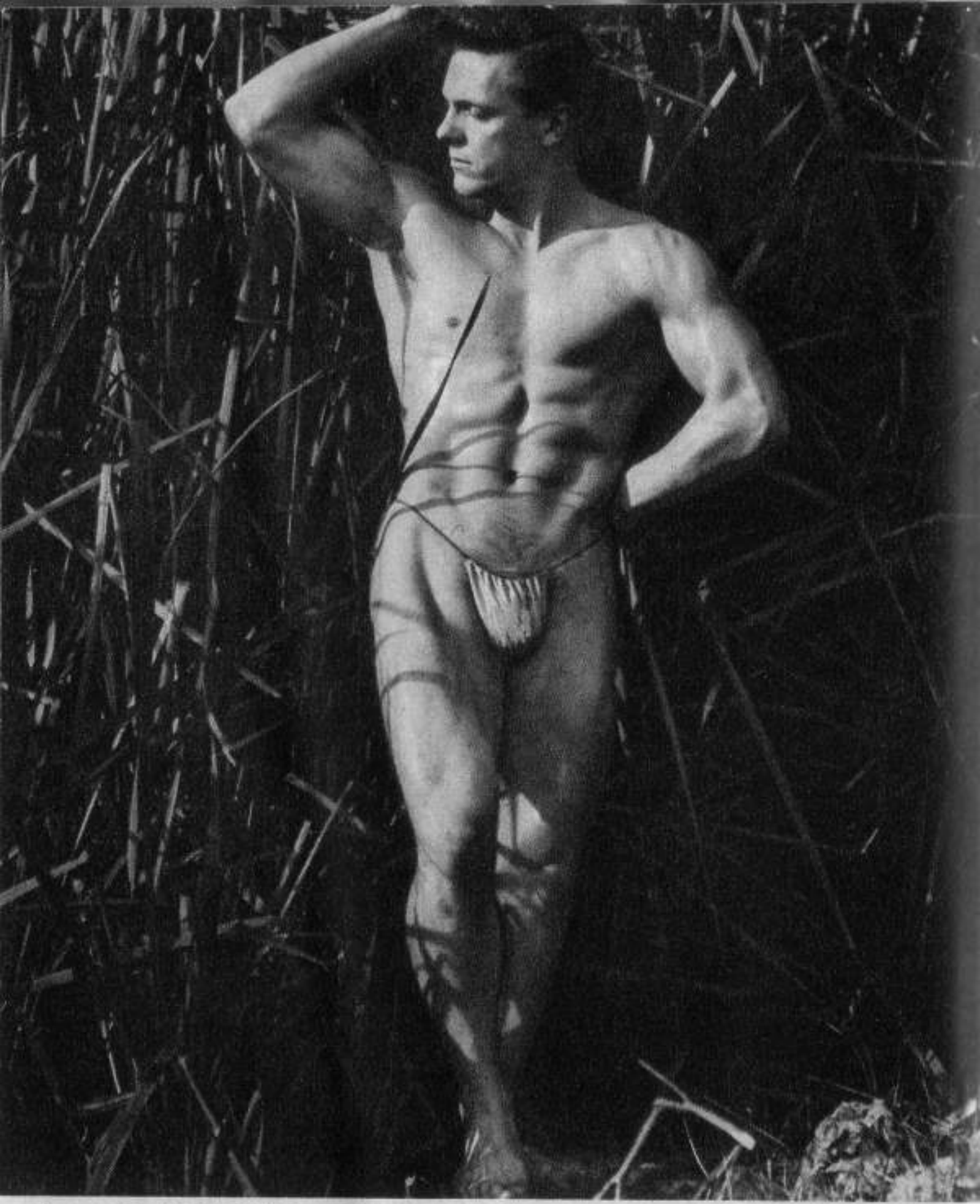
A child of nature in a natural setting

the stardust trail

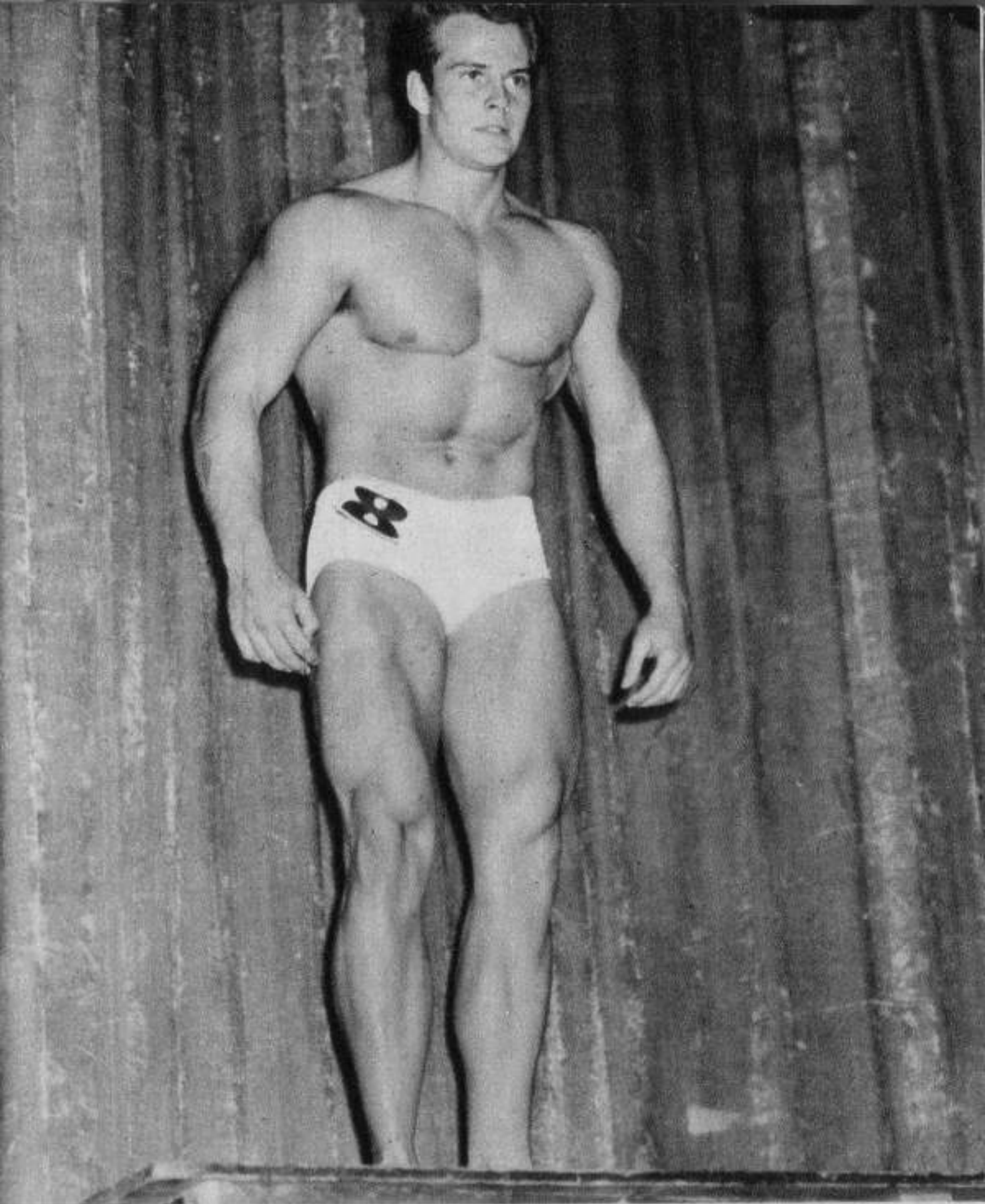
This month ADONIS, through the camera magic of its many contributing photographers gives you a preview of some of the new faces and interesting physiques you may happen to see on the beaches this summer.

All of these young men deserve the highest praise for their physical accomplishments, and their lensemen colleagues also merit a round of applause for the artistry of their work.

Training the all-seeing eye of the camera on young American manhood, Bruce of (*Continued on page* 46)



ED SIEMONS by Dave Martin
California bodybuilder in a summer pastorale

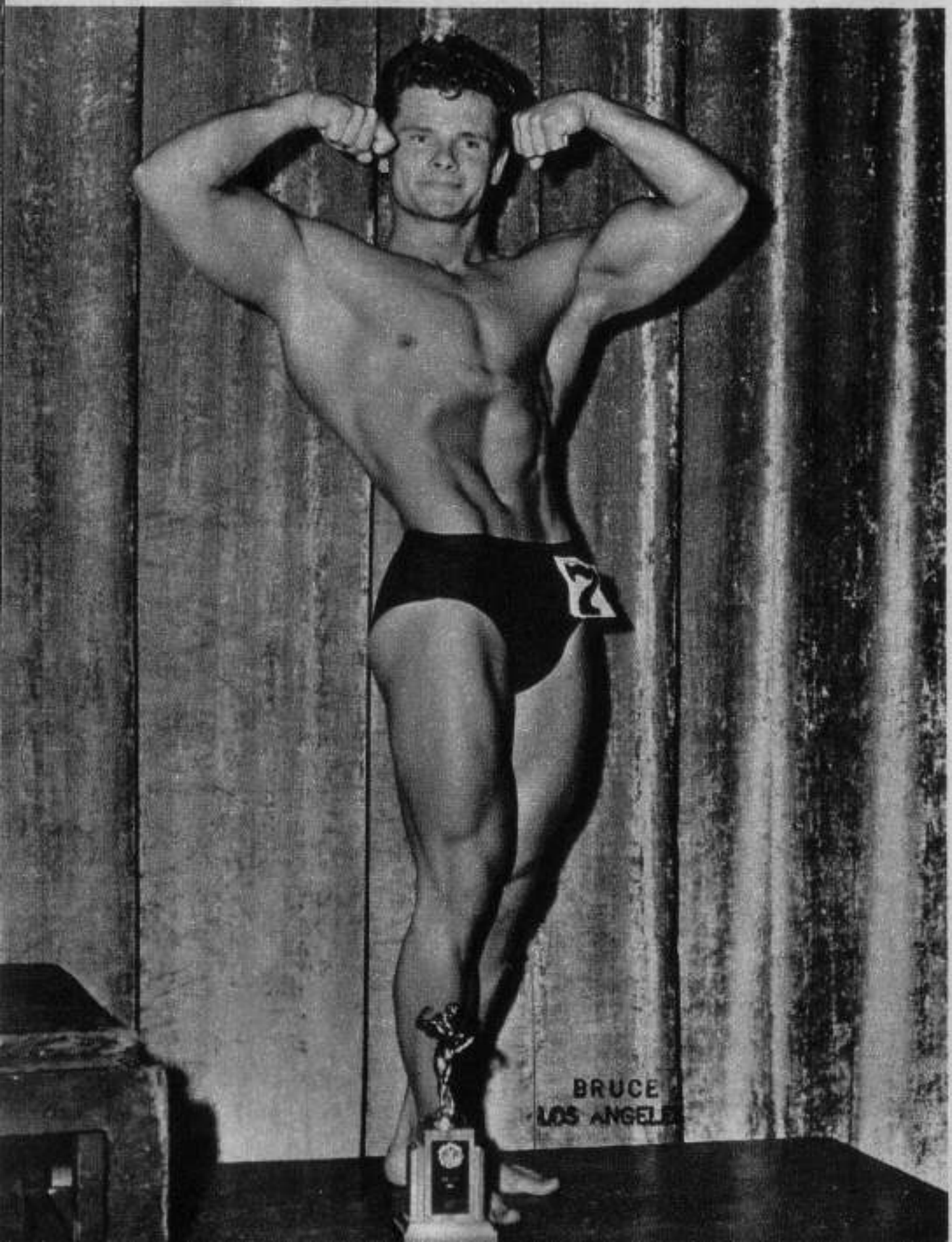


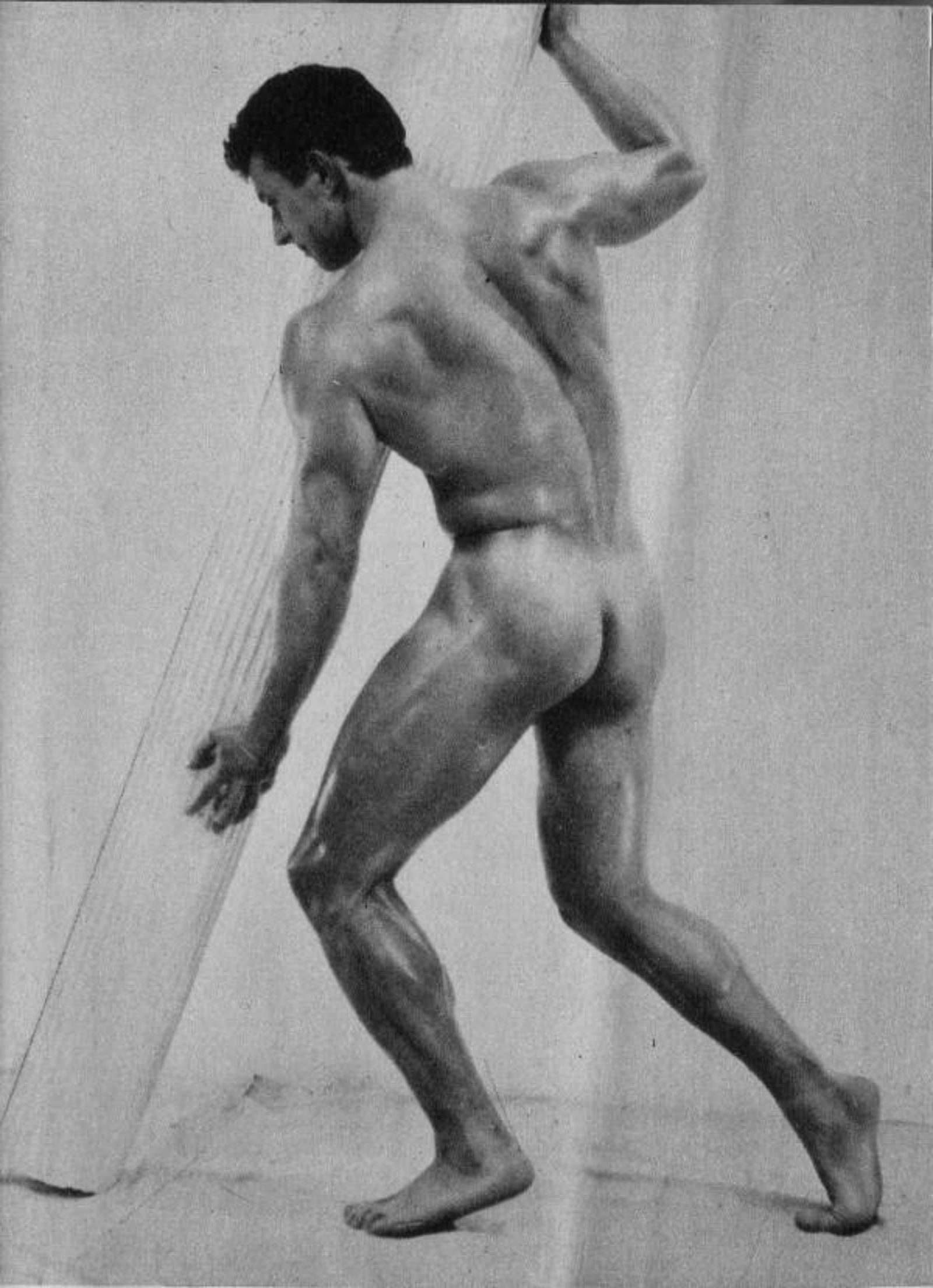
LYNN LYMAN by Athletic Model Guild

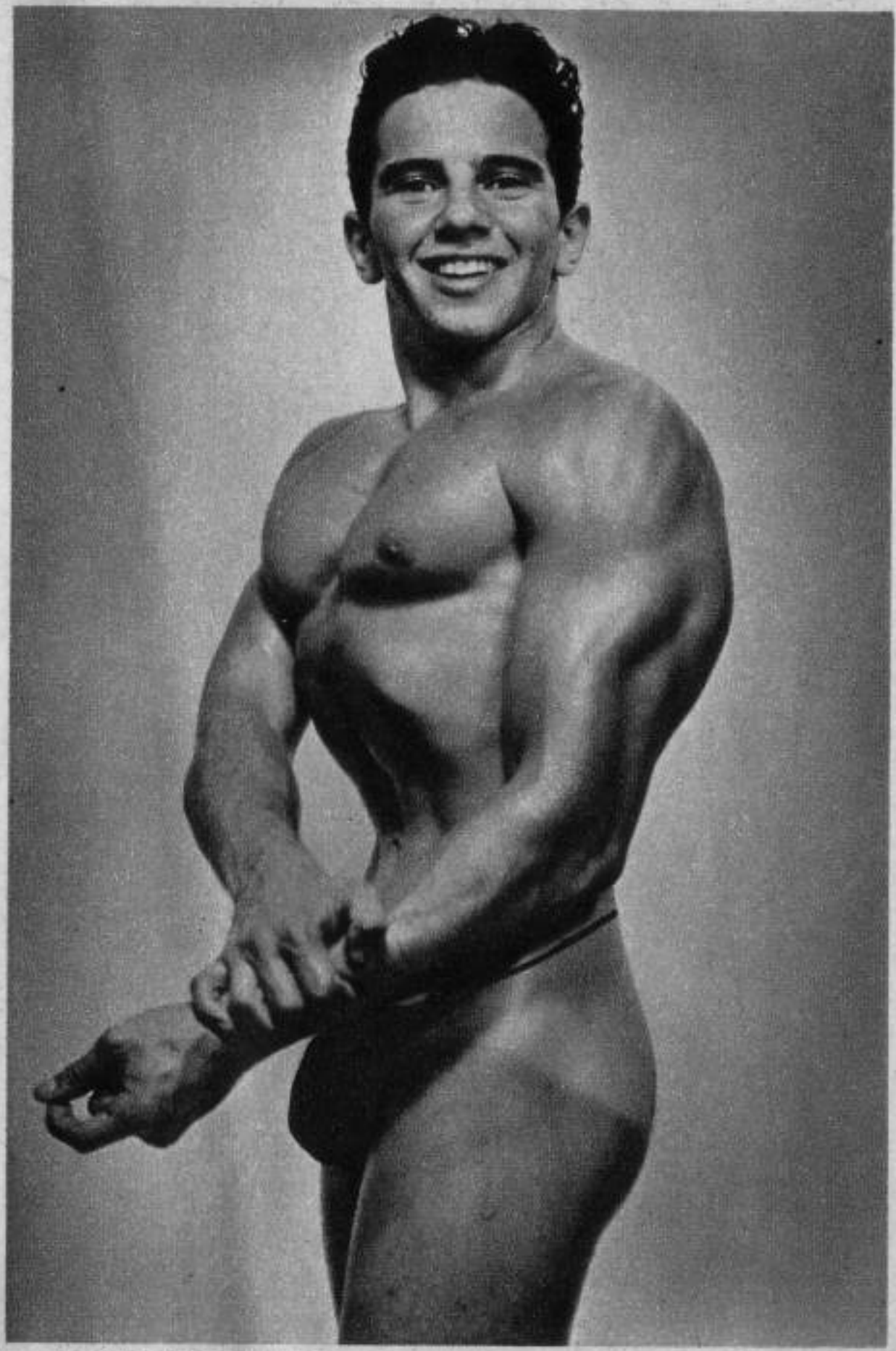
No contest jitters for this fine athlete

CLIVE POSTER by Lon — London
Britain's ranking young bodybuilder

JERRY ROSS by Bruce *Mr. Apollo—Mr. Venice—Mr. Los Angeles*

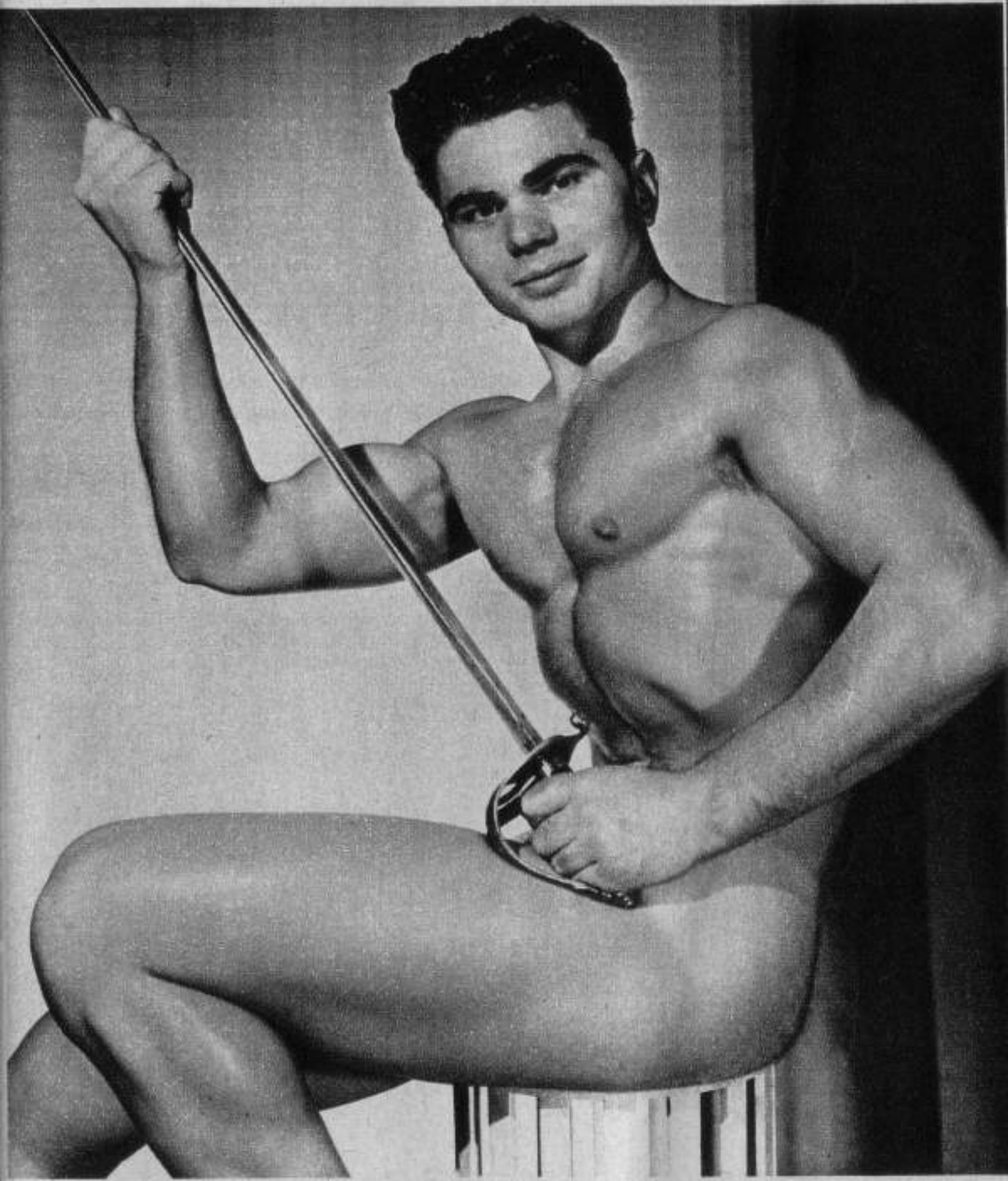






DON MESEL by Lon

Don symbolizes good health and high spirits

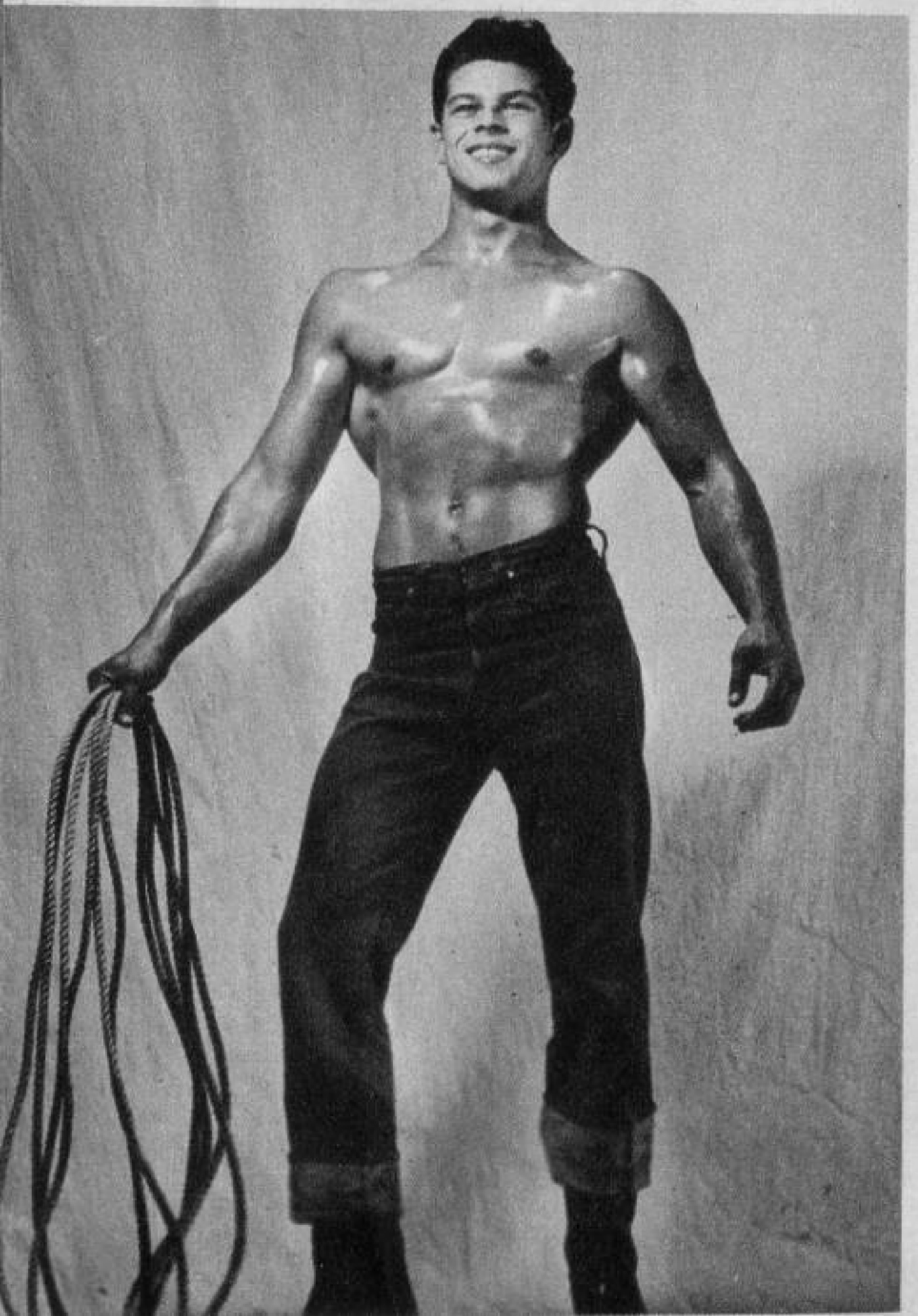


JOE MARCY by Delmonteque

Rugged is the word for Joe

ZARO ROSSI by Quaintance

Golden Boy of the West



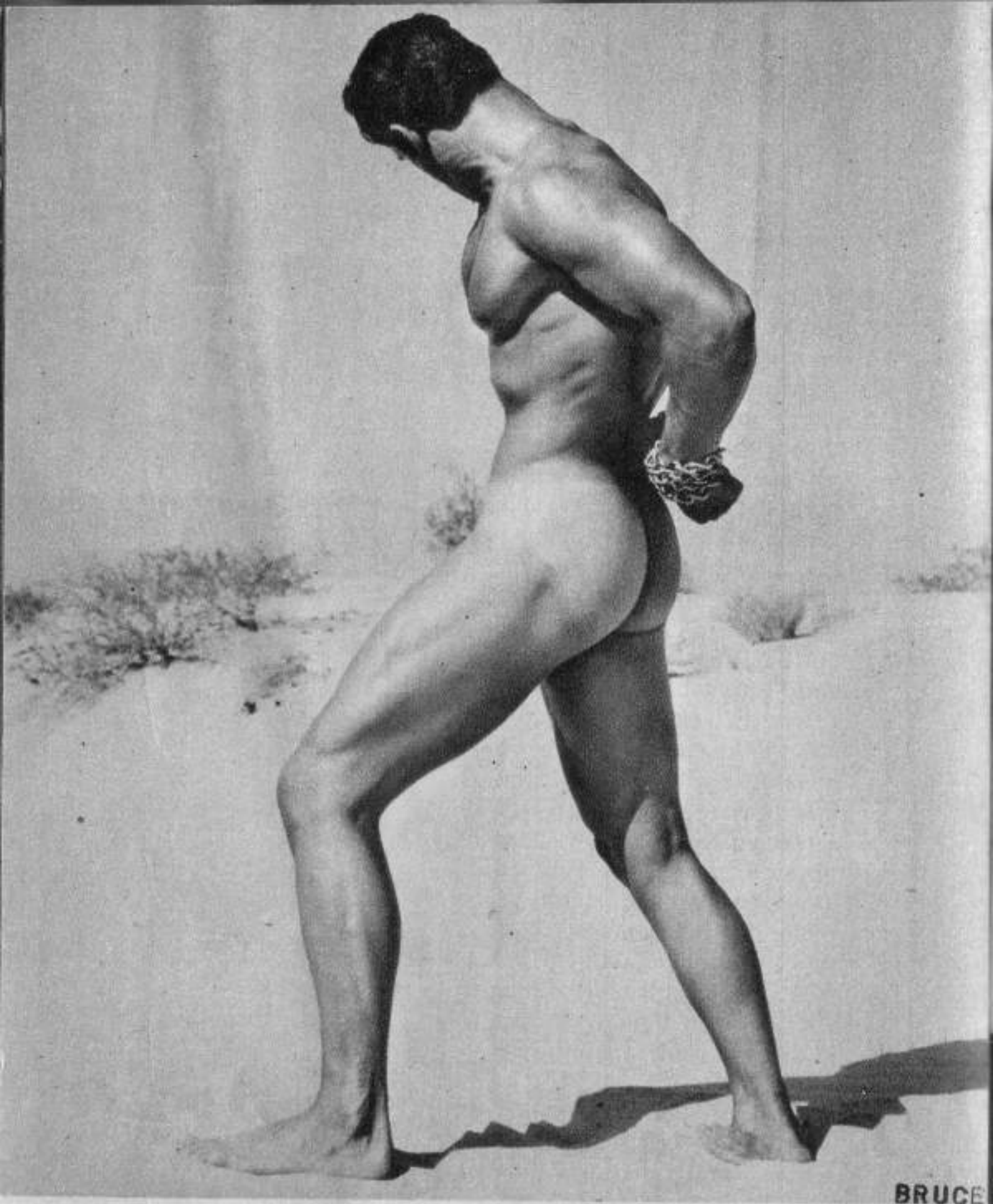
"t" for two

Trim . . . talented . . . tenacious! Three words that accurately describe two bronzed young California bodybuilders who make their debut in our honor gallery this month.

The good-looking gent with the supple sinews and sunny smile, posed against the bleached white desert sands, is John Weidemann, while the more massively built chap with the calm and contemplative look is Harry Schwartz. Now, for all we know, they may be meeting each other for the first time in these pages, yet career-wise and in matters physical their lives run an exact parallel, for both of them, in addition to their superior athletic accomplishments, are splendid actors . . . both do film work . . . both have come up the hard way.

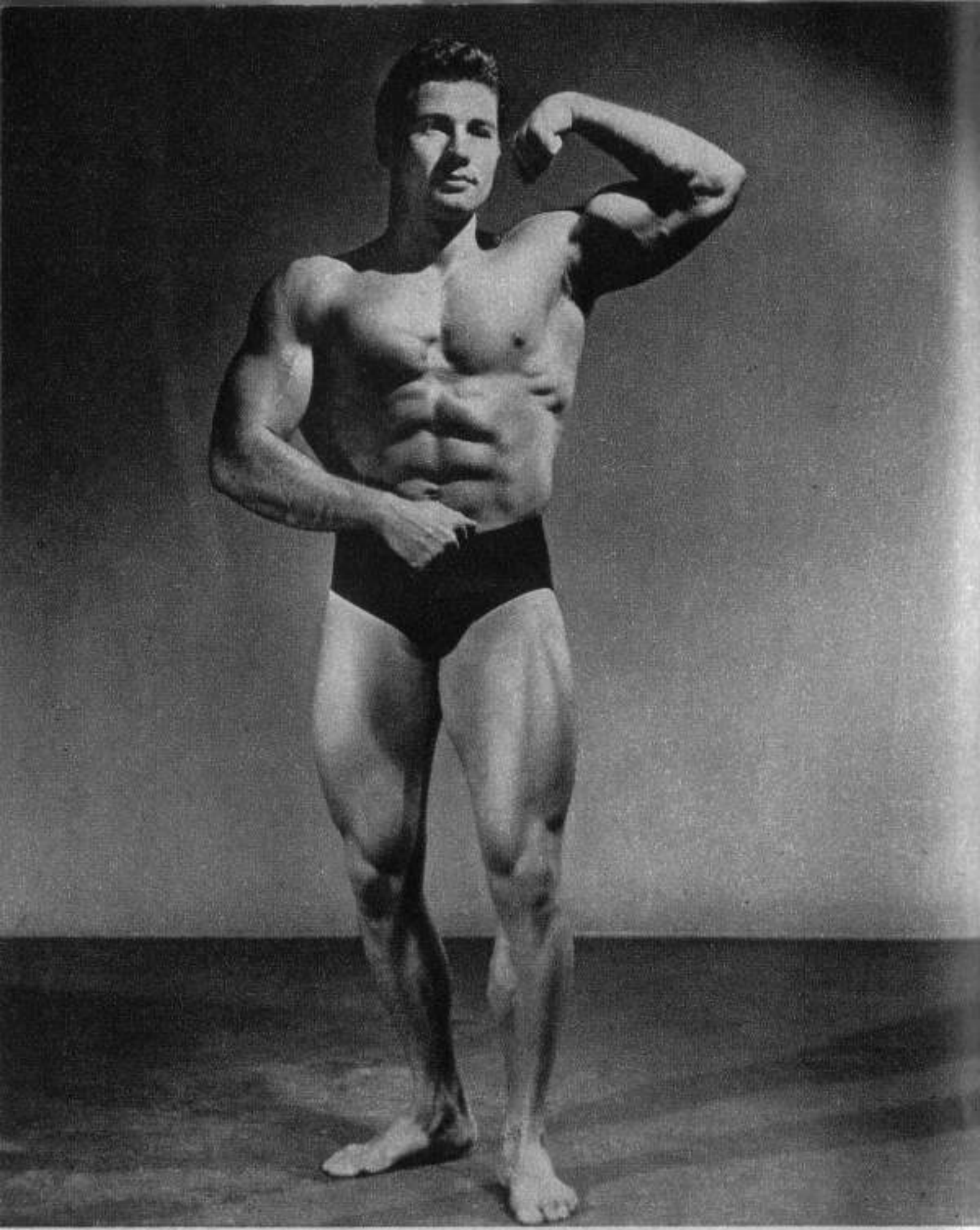
Easterners had their first opportunity of seeing these rising young physique stars (*Continued on page* 48)

JOHN WEIDEMANN
by Bruce



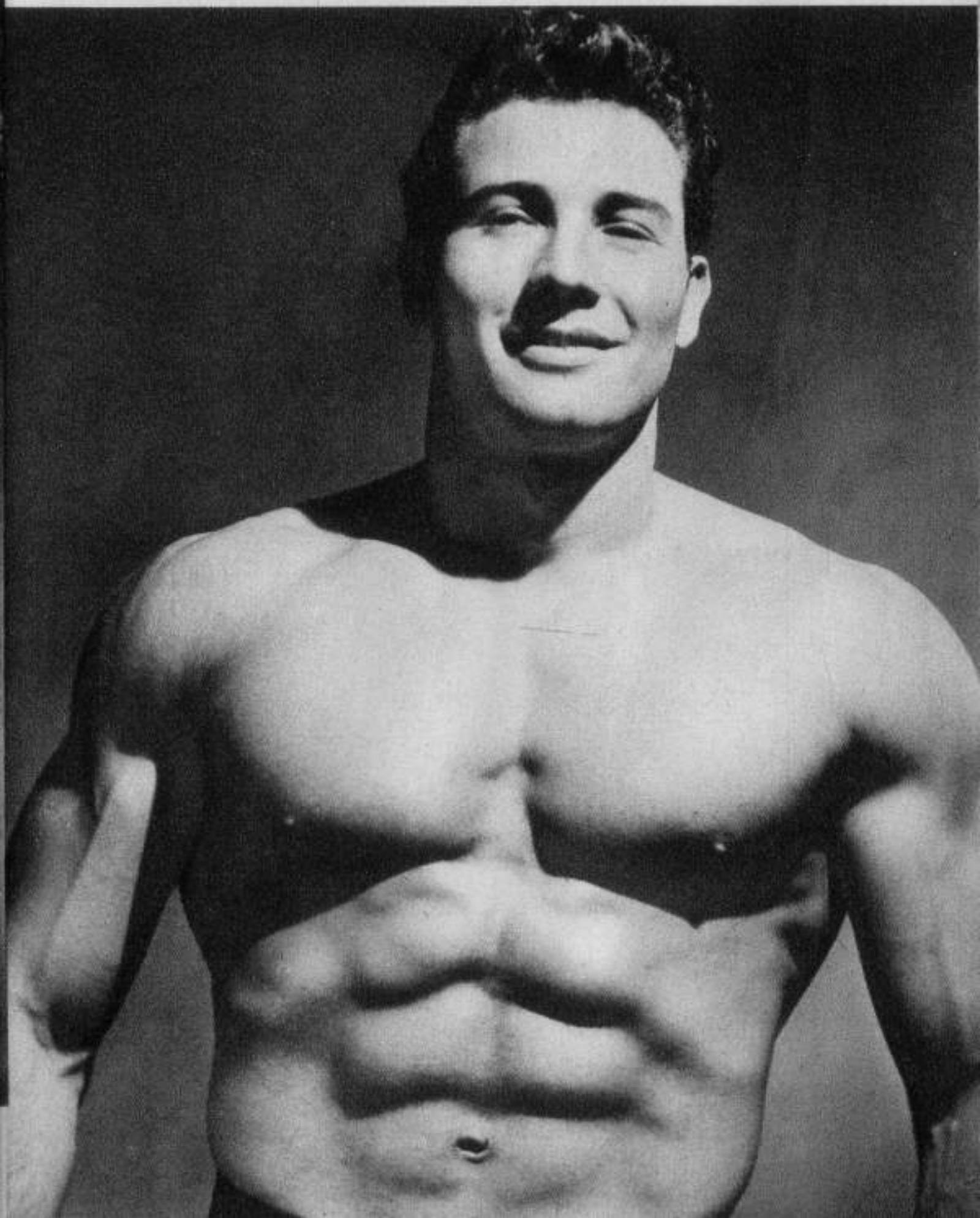
DRAMATIC CONTRAST — *bronzed body against white sand*

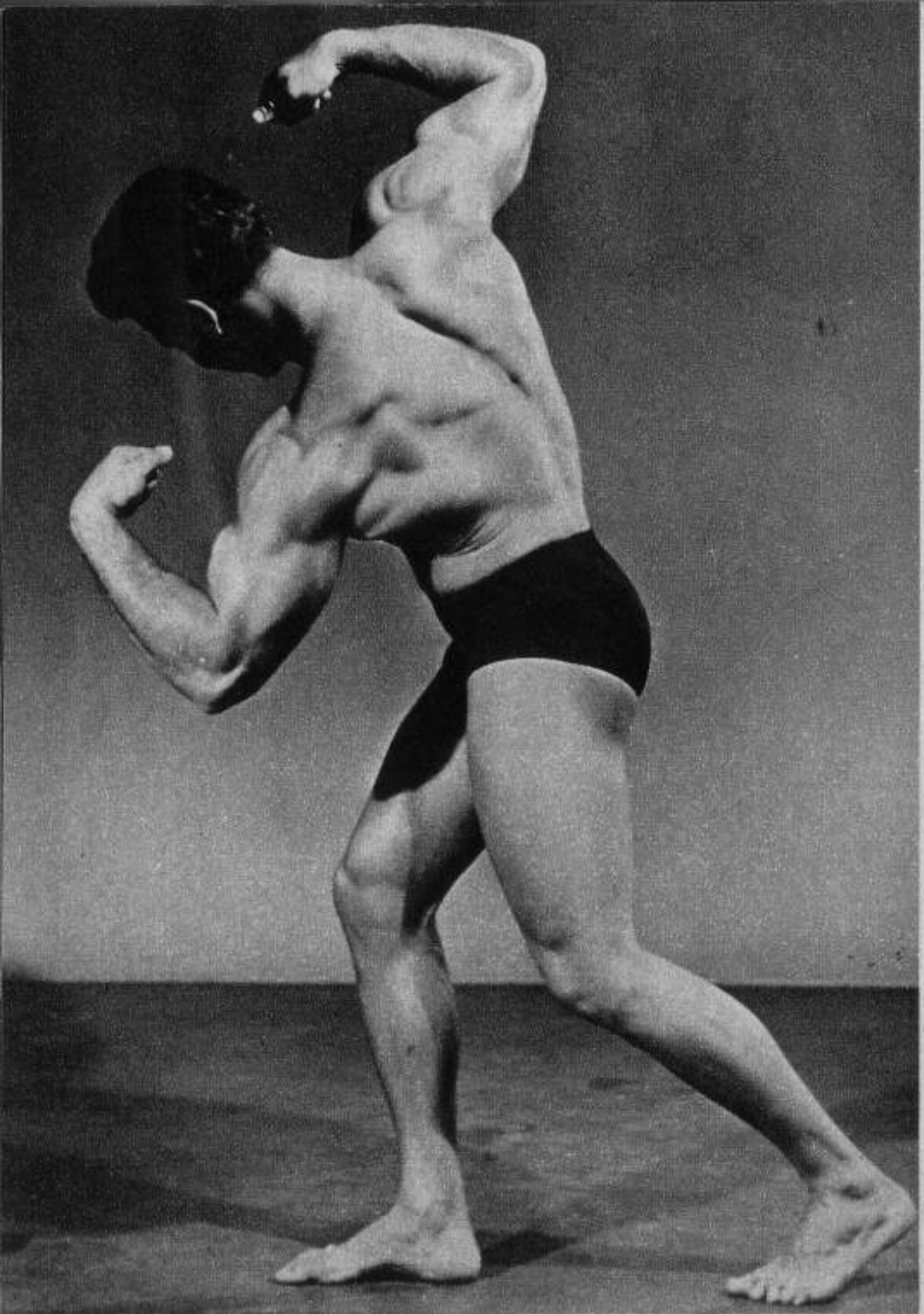
SON OF THE GOLDEN DESERT



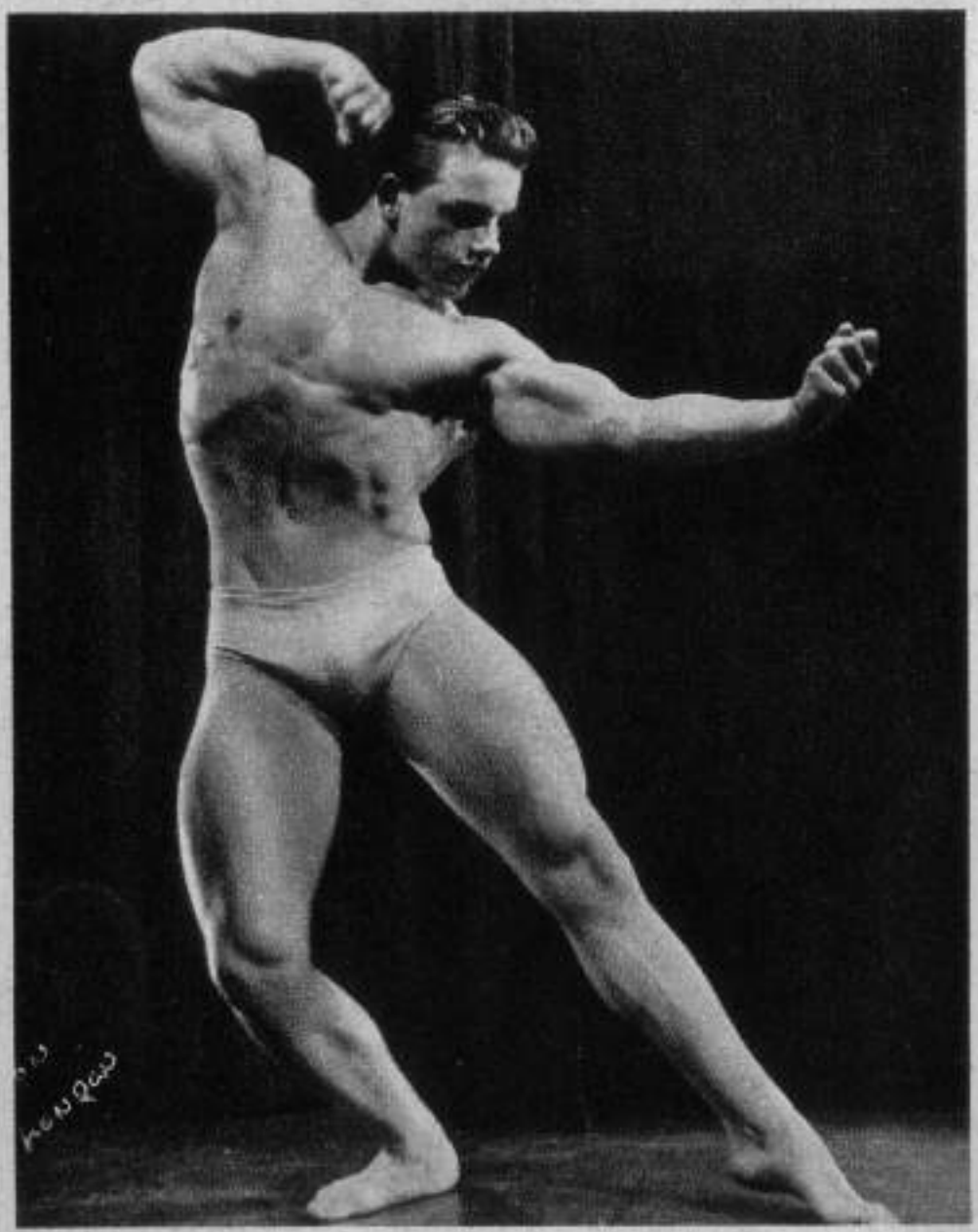
A STUDY IN PHYSICAL WELL-BEING

HARRY SCHWARTZ by Spartan





MUSCLES RIPPLE AND FLOW



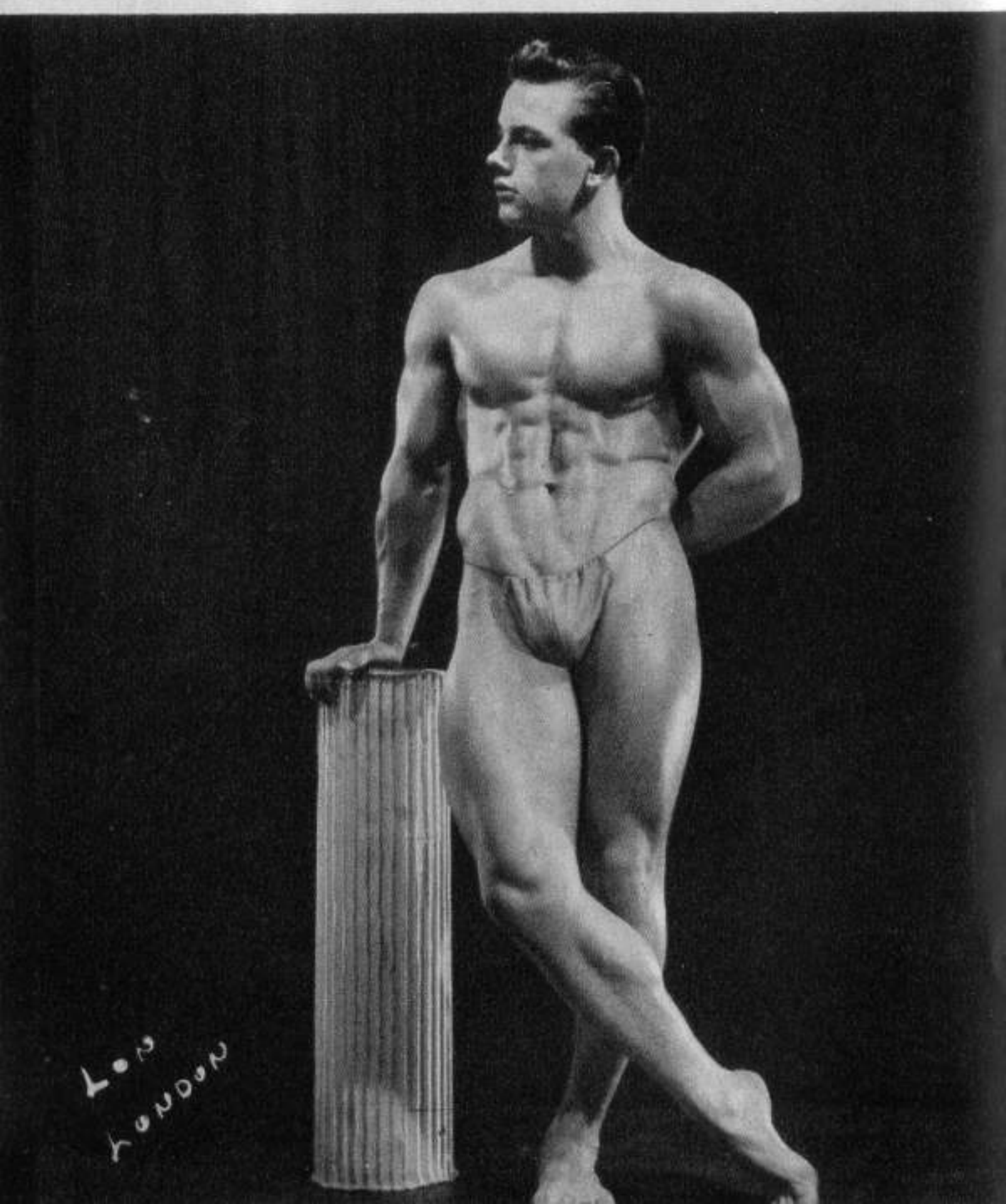
JIM STEVENS
16-Year-old English Hercules

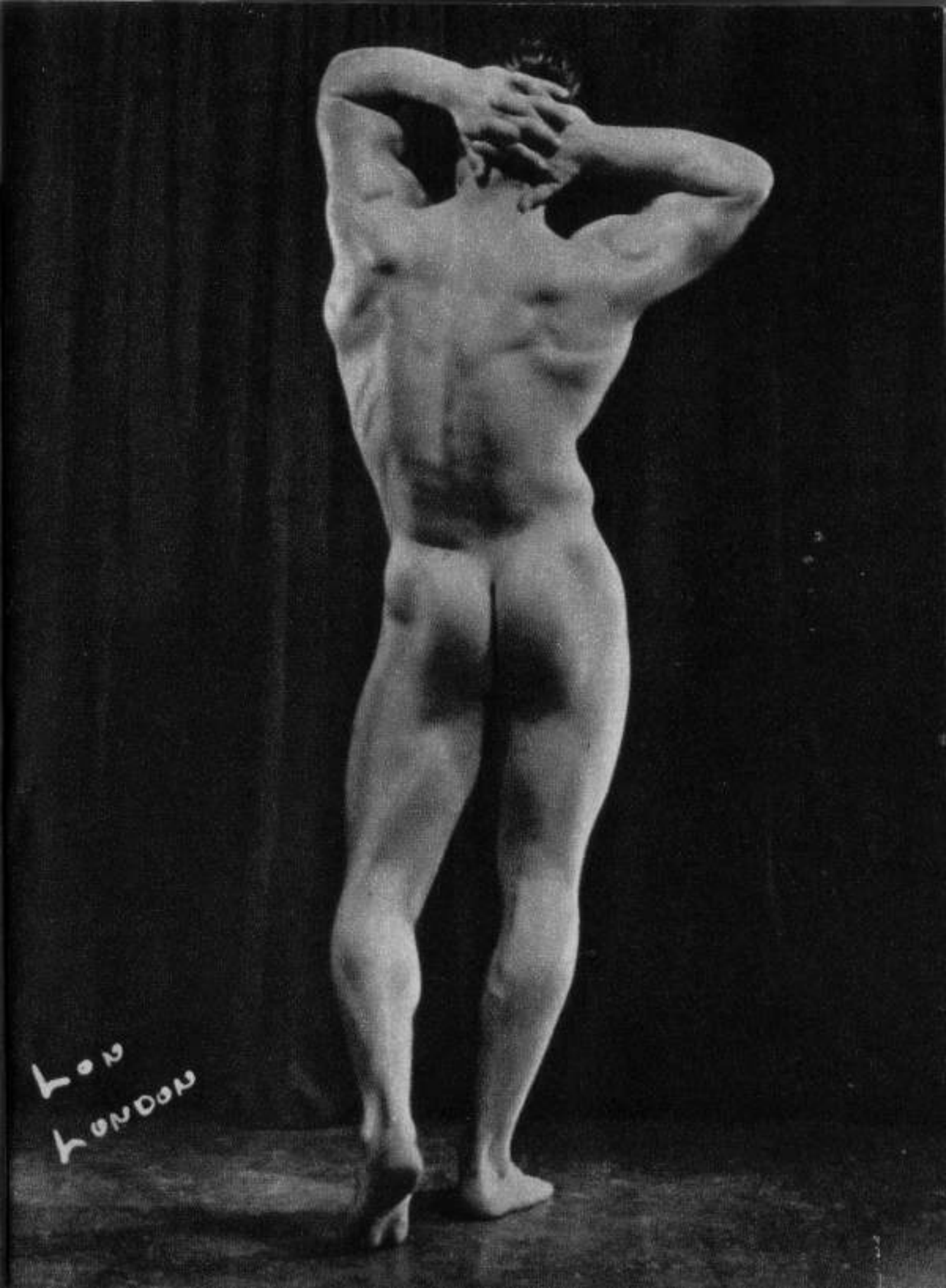
London Calling

Several months ago when Lon, the famous physique photographer decided to widen the scope of his activities, the Weider Publications suggested to him that he set up branch studios in London. We thought the move would be a timely one, for two reasons. First, we are aware that many magnificent but unsung physique stars are beginning to spring up all over England. Secondly, by having a first-class photographer in the field, and specifically one who is *en rapport* with the kind of physique photography we (*Continued on page* 60)

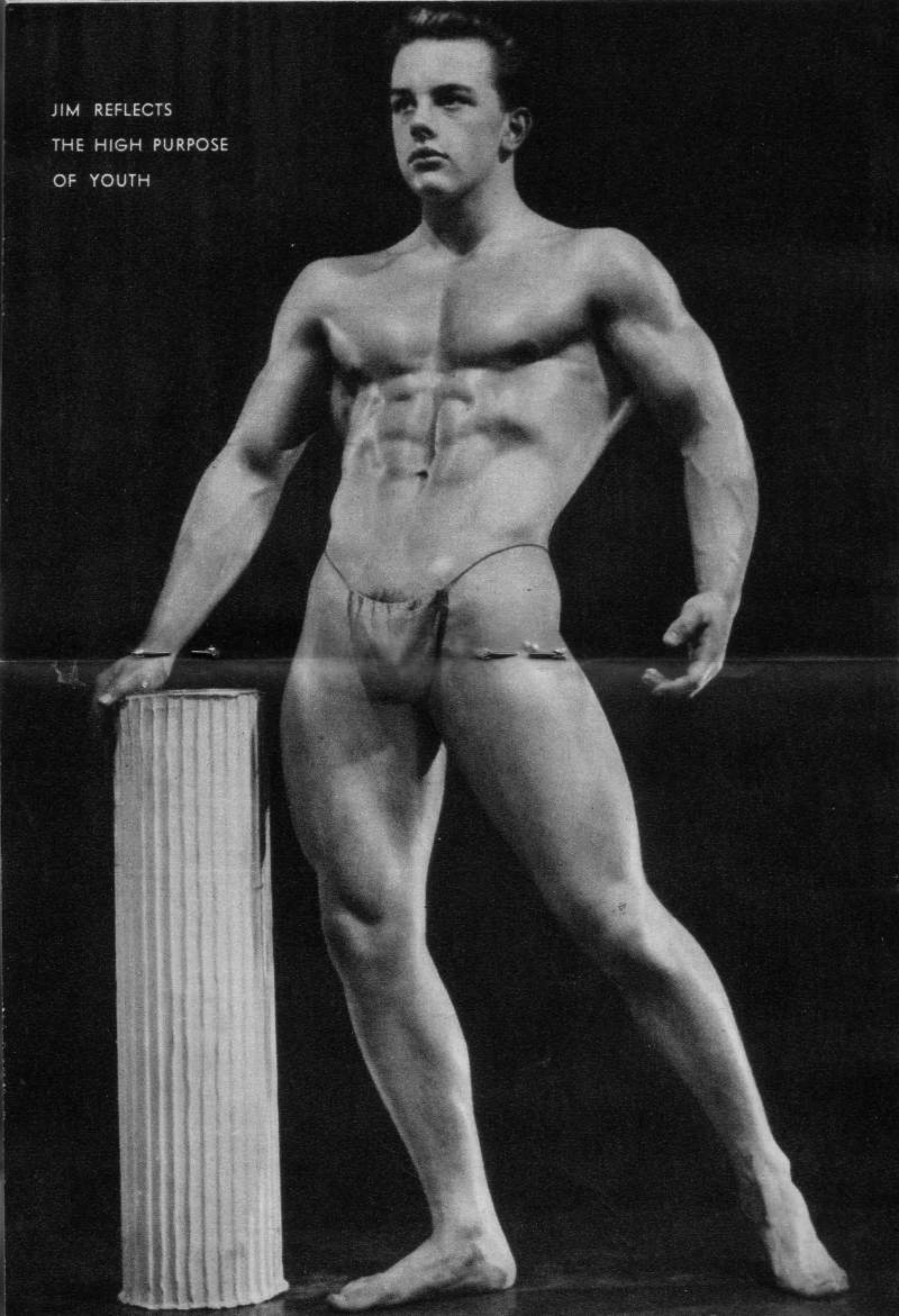
A MASSIVE BACK — TITANIC IN STRUCTURE

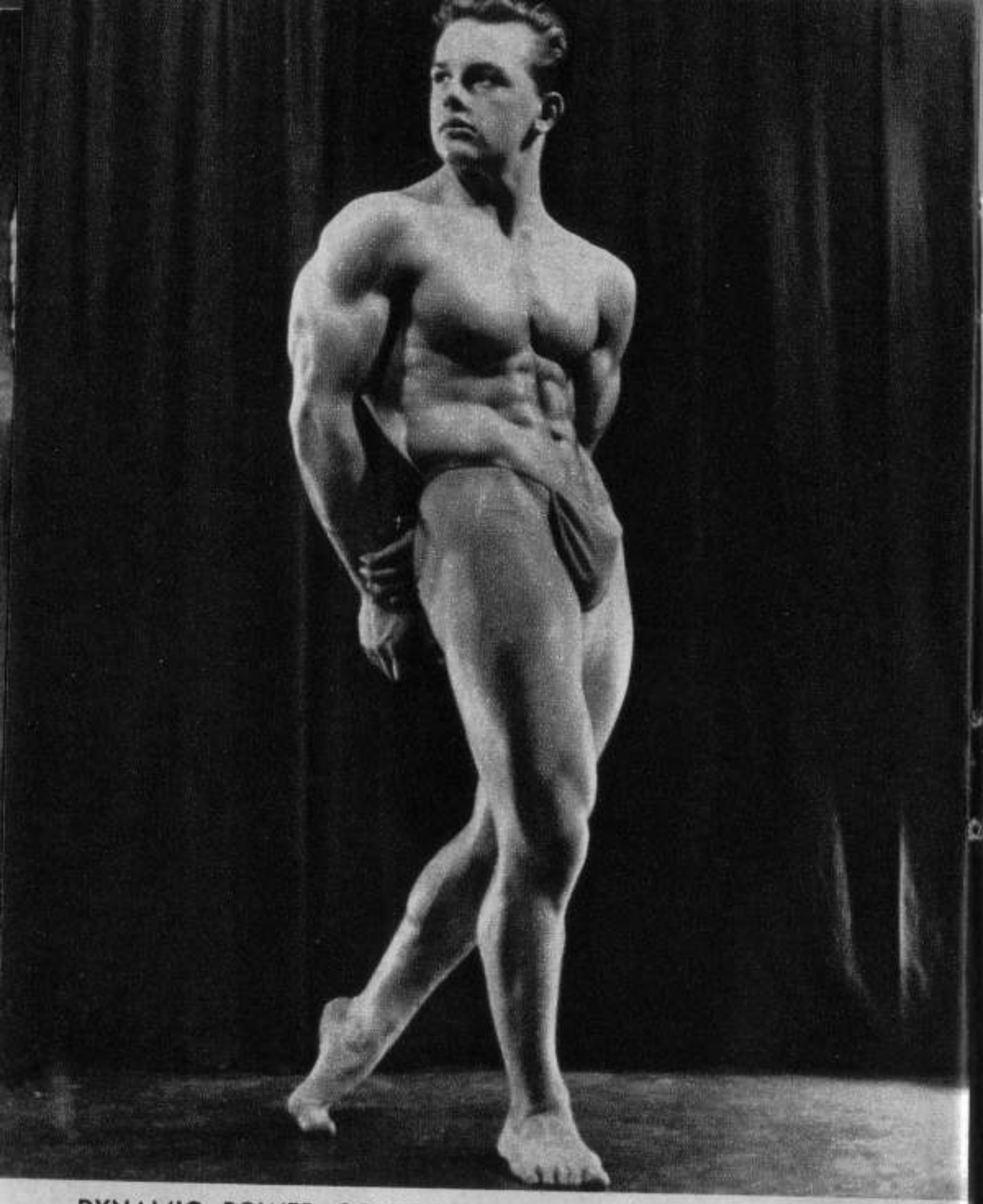
A study of strength in repose




Lon
London

JIM REFLECTS
THE HIGH PURPOSE
OF YOUTH





DYNAMIC POWER CONTROLLED BY EQUAL TEMPERAMENT

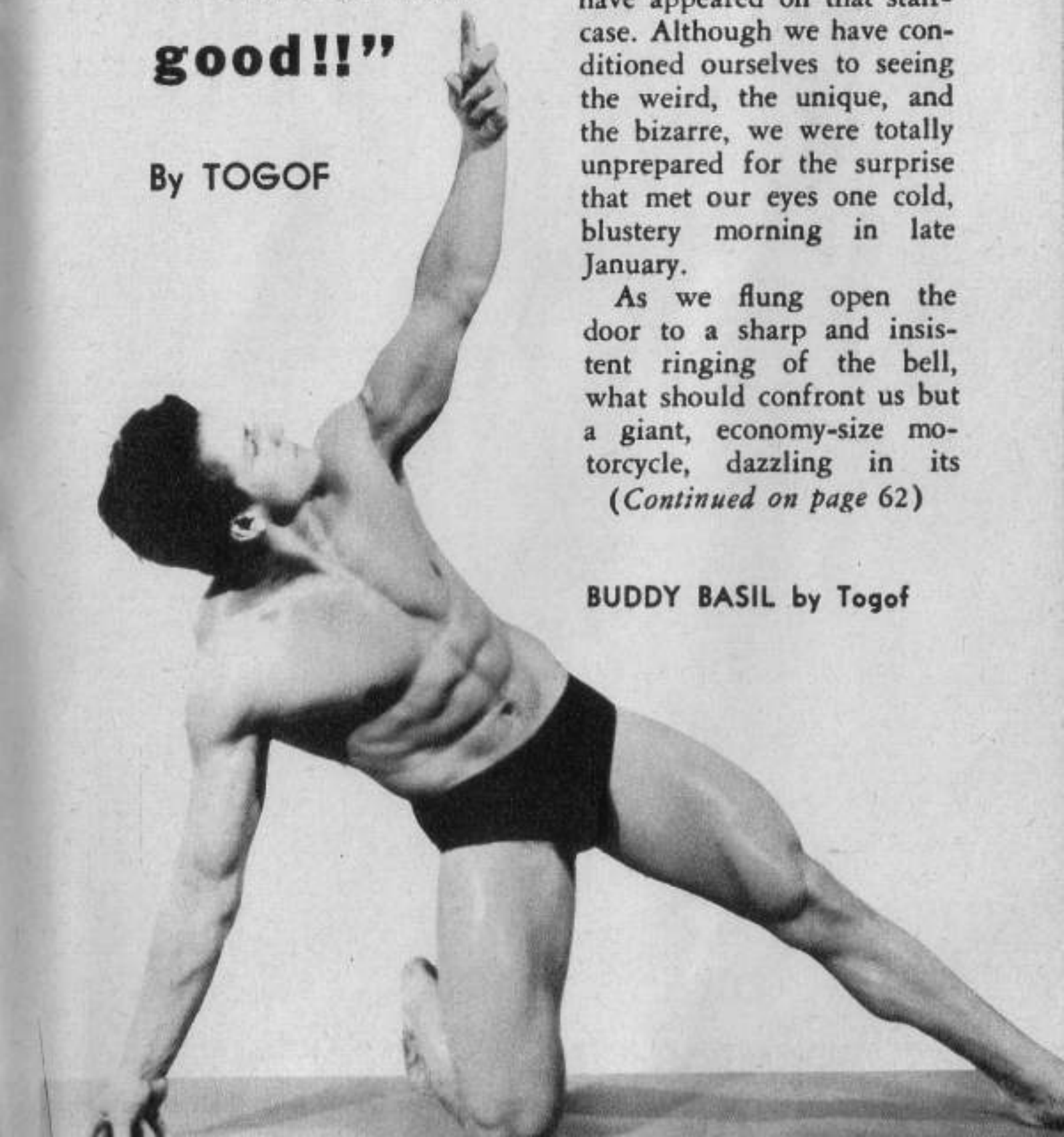
just "wonderful good!!"

By TOGOF

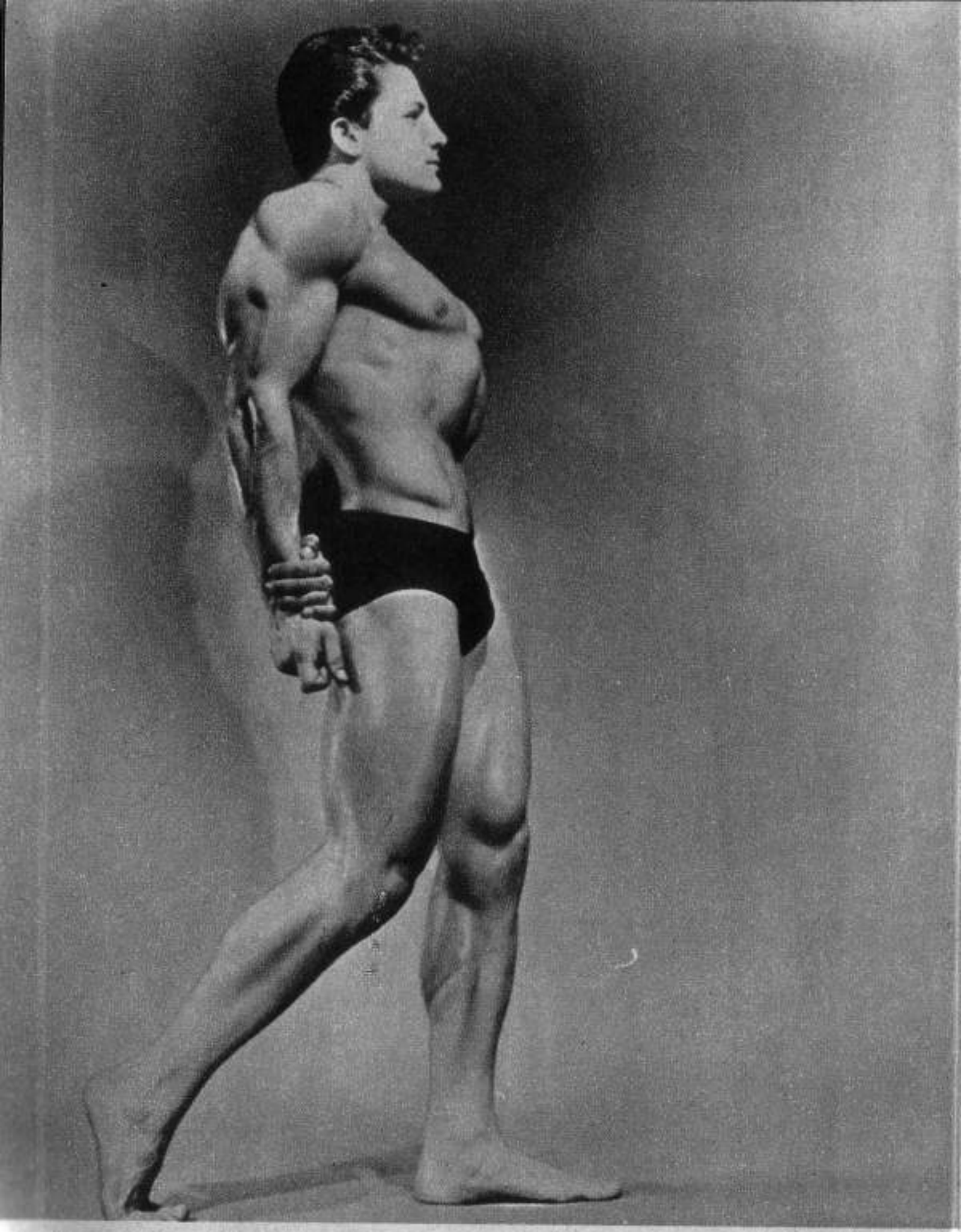
To reach the new photographic studios of TOGOF one climbs a long and rather tortuous flight of stairs. In the comparatively short time of our existence many strange and wondrous sights have appeared on that staircase. Although we have conditioned ourselves to seeing the weird, the unique, and the bizarre, we were totally unprepared for the surprise that met our eyes one cold, blustery morning in late January.

As we flung open the door to a sharp and insistent ringing of the bell, what should confront us but a giant, economy-size motorcycle, dazzling in its

(*Continued on page* 62)

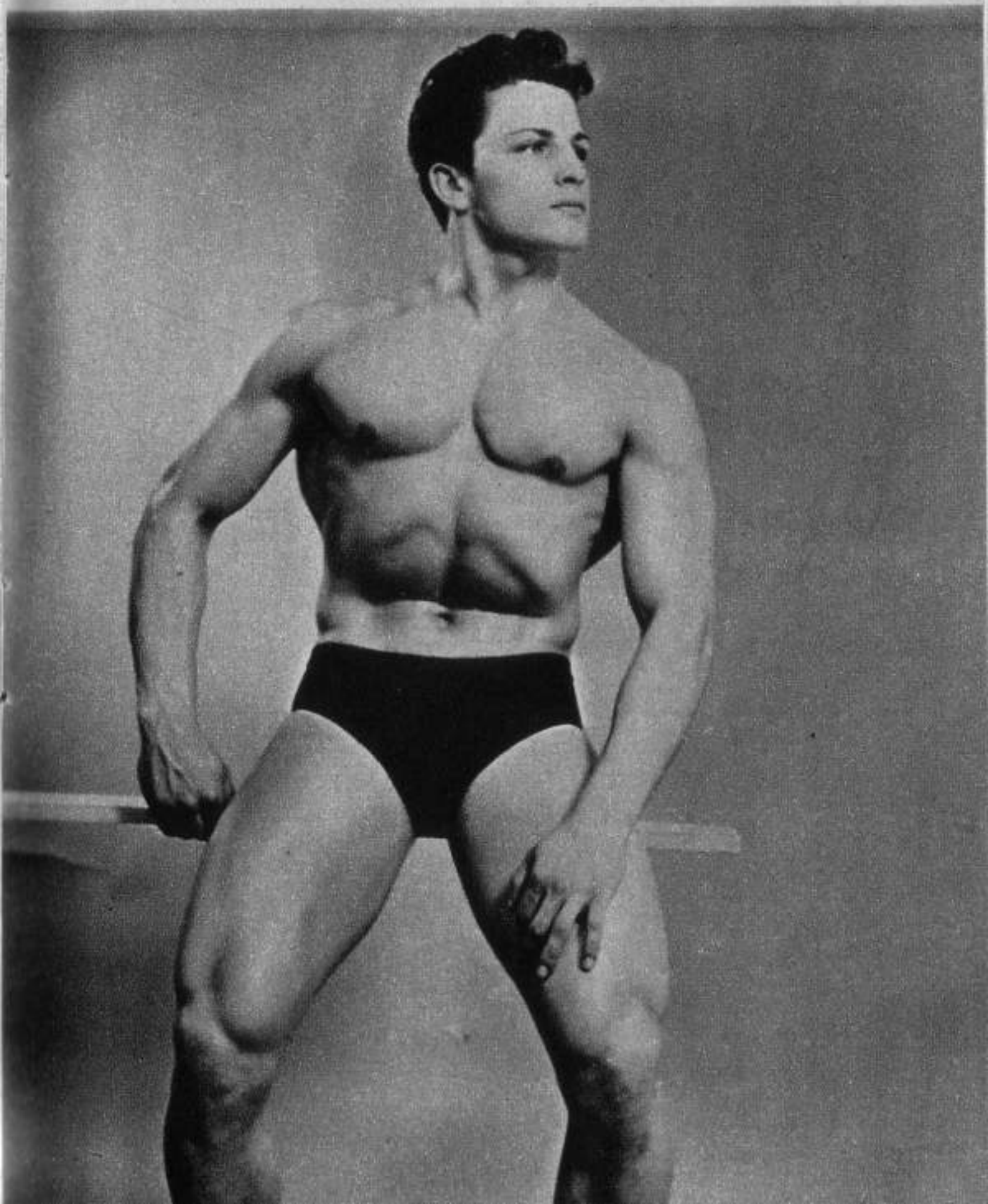


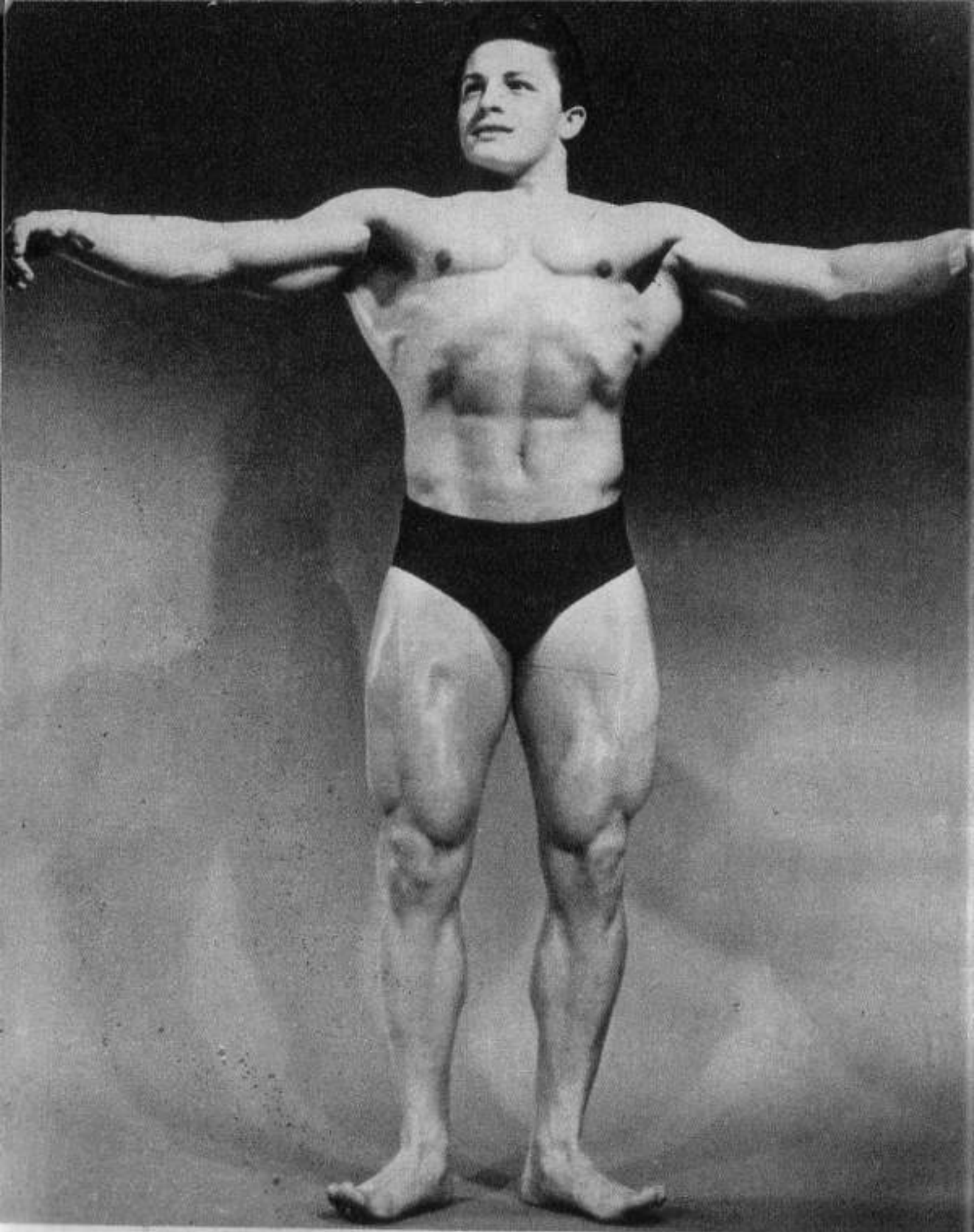
BUDDY BASIL by Togof



HIS CLASSIC FEATURES BETRAY HIS GREEK ANCESTRY

A STUDY IN RELAXATION





A SYMPHONY OF MUSCULAR POWER

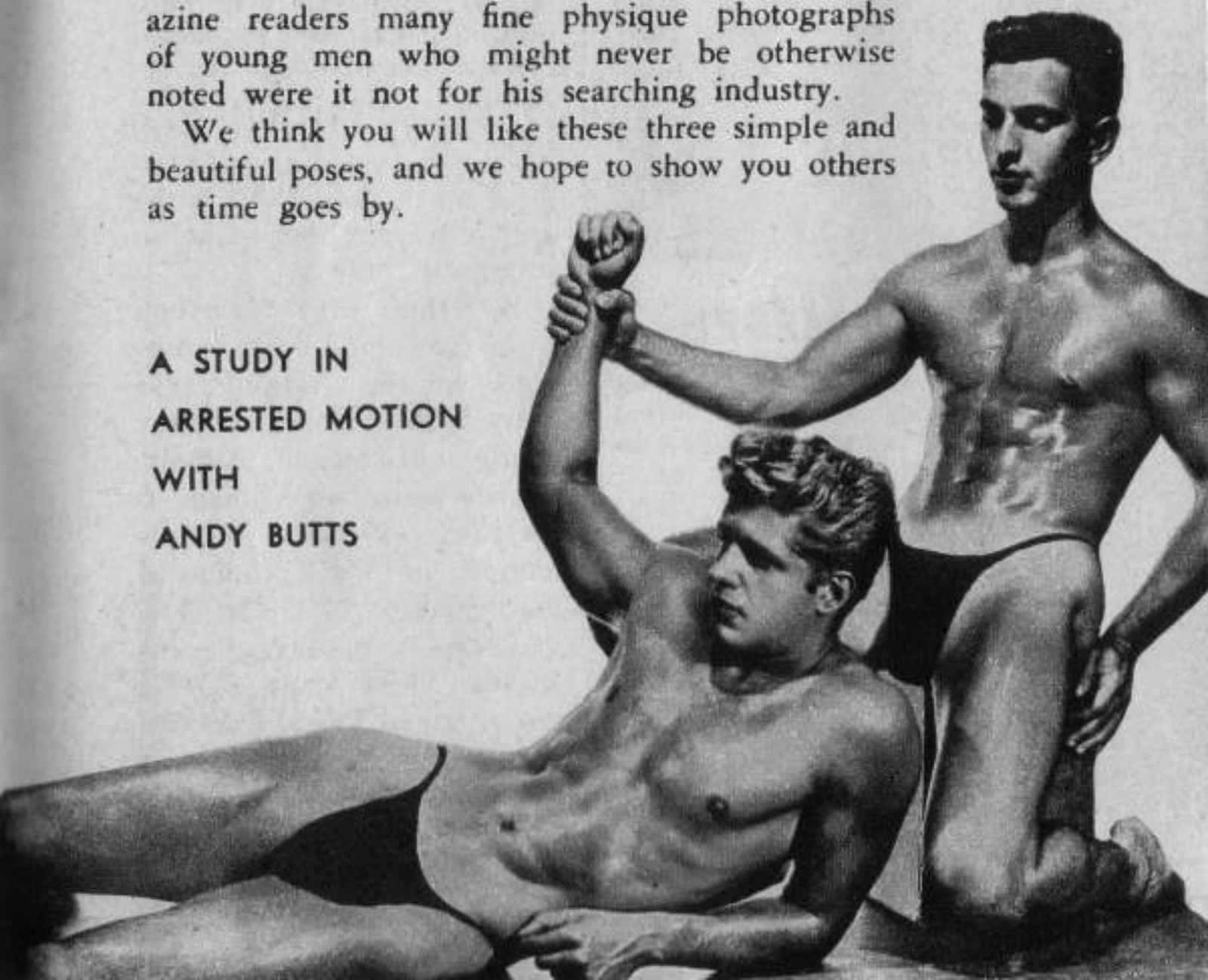
Model Teacher

Bob Delmonteque, whose splendid photographs of Glenn Bishop adorn the pages of ADONIS this month, is not only a fine lensman, but is equally well-noted for the excellence of his physique and his artistry in posing.

Since Bob has been living in California he has taken up a new facet of this art. He has a special knack for working with young people who have little or no posing experience. By utilizing them in dual posing with himself as the other model he not only is able to teach by demonstration the varieties of poses which are most pleasing, but in so doing he makes available to our magazine readers many fine physique photographs of young men who might never be otherwise noted were it not for his searching industry.

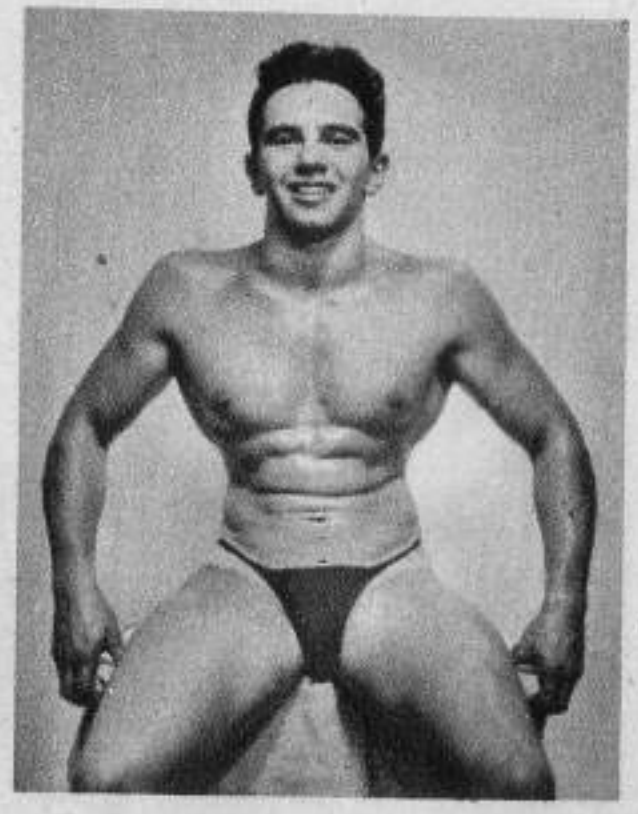
We think you will like these three simple and beautiful poses, and we hope to show you others as time goes by.

A STUDY IN ARRESTED MOTION WITH ANDY BUTTS



LON

PRESENTS



DON MESEL

Radiant young model, a great new discovery—truly magnificent pectoral development. SEND $1.00 FOR A SPECIAL 16 POSE SET OF

DON MESEL

- — — — — — — — — -

LON STUDIO — 5c

400 West 57th St., New York 19, N.Y.

Enclose $1. Send DON MESEL pics.

NAME .....

STREET .....

CITY ..... STATE .....

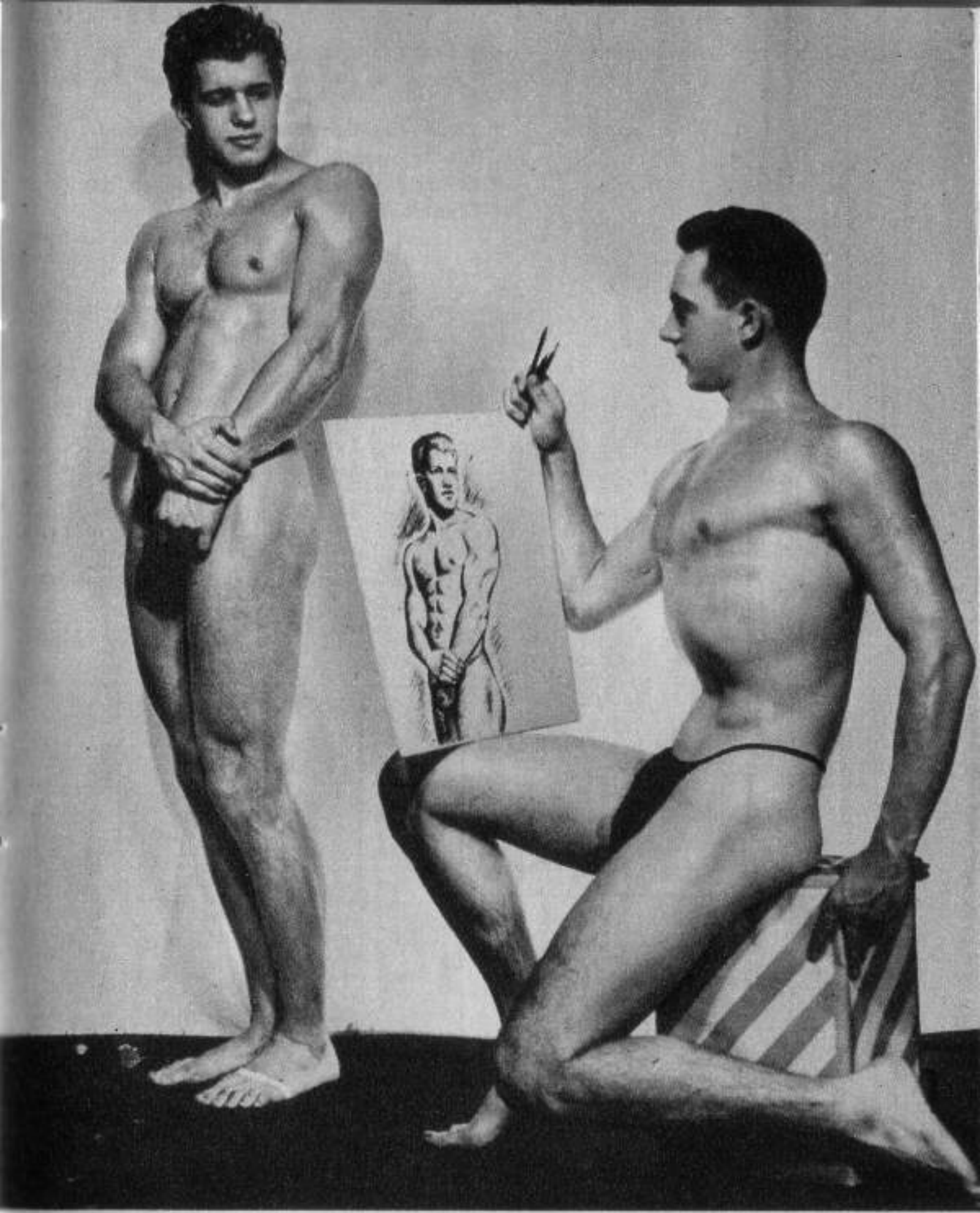
Command Performance

(*Continued from page 5*)

of snafu, old boy!" while an even more daring young Frenchman has gone so far as to invite us to "coffee and pistols for two!"

All of which goes to show the high regard and great affection in which Glenn is held by his legions of fans throughout the world, an esteem so well-merited that recently nearly every physique magazine published carried his likeness on its cover . . . and this ALL IN THE SAME MONTH. With the one exception of the great Steve Reeves this is the only physique star to be so singularly honored.

By this time everyone from Greenland's icy mountains to the African veld knows the story of this young Michigan Adonis. Words being superfluous in his case, we invite your attention to this "command performance" by Glenn. The magnificent photographs of Bishop were made by his great friend, Bob Delmonteque, who snapped them at the shores of one of Michigan's loveliest lakes.



THE PUPIL SKETCHES THE TEACHER

S-T-R-E-T-C-H

Your Way To A Super Strong Body This Enjoyable Home Gym Way

- **Builds Big Muscles**
- **Improves Health**
- **Creates Vital Energy**
- **Overcomes Inferiority Complex**

This versatile steel cable **home gym set** develops powerful arms, chest, shoulders, waist, back and legs FAST! Trains body in manner endorsed by Mr. America winners and champion athletes, building up rugged, enduring muscularity. Requires only a few minutes a day for full benefit. Instructions tell you how to save time molding a he-man body with exercises you will enjoy. Life-time construction, nothing to break or wear out. Photos below show some of the exciting exercises you can do with this outfit.

1

Here's What You Get

1. Barbell Attachment for powerful arms, back and legs.
2. Foot stirrups for special arm and shoulder exercises.
3. Skip Rope for speed and endurance.
4. Headstrap for a man-sized neck.
5. Chest Pull for massive arms, chest, shoulders and back.
6. Hand Grips for a he-man grip.
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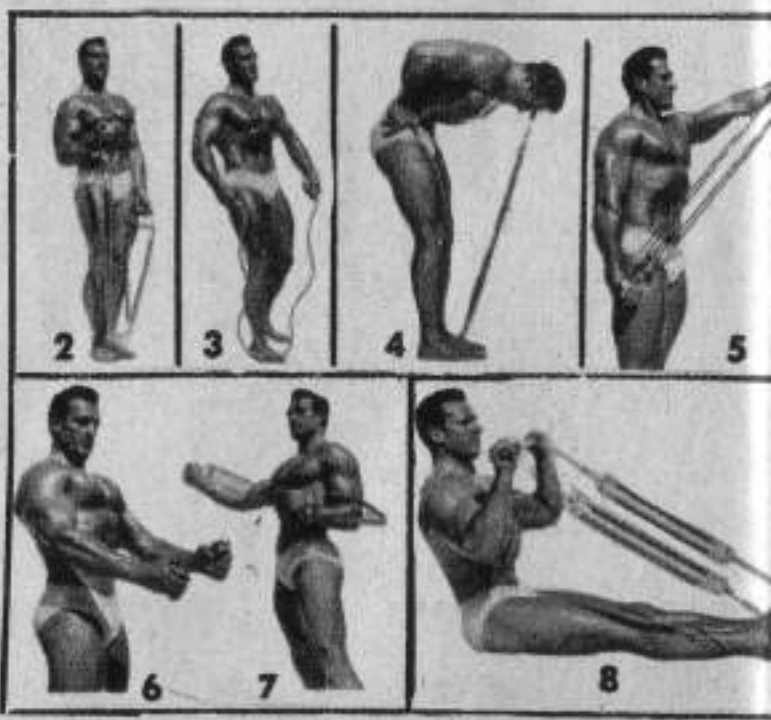

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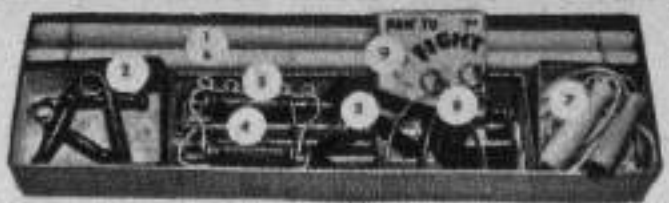

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"Stardom for Steve"

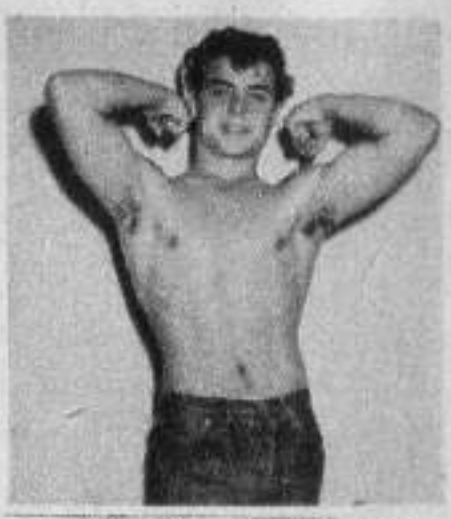
(*Continued from page 9*)

However, in this issue we are indebted to a sterling new photographer, VULCAN, of New York for these wonderfully sensitive studies of this bright new star.

Steve Wengryn is but 17 years of age, yet he has already gone far ahead toward realizing his dream of a theatrical career. You have undoubtedly seen him many times on TV, particularly on that very popular show, "DANGER".

Steve has the deep introspective look of a poet, but don't let that fool you . . . he's really a rugged guy. Just one inch below six feet, and weighing a solid 170 pounds, he has participated in every high school sport, being especially noted for his football prowess. Combining all these varied forms of exercise with regular sessions of weight training, Steve has developed a very symmetrical physique which ranks with the best.

You'll be seeing lots more of this young Adonis . . . look for him here and on your TV screen. It's in the stars for Steve!



LARRY NAVIS

shown here is one of the handsome beginning bodybuilders found in AMG's SUMMER 55 BUDGET GROUP: 30 4x5 dbl-wt lustre prints $3.15. You'll be delighted with this unusual photo bargain, first quality prints at a ridiculously low price. Sorry, limit of 1 set to a customer, since we realize many individuals may attempt to resell at a much higher price prints purchased at this wholesale price. FREE: illustrated 4 pages Bulletin 48 which shows other models in the Summer Budget group, posing garments, form-fitting T shirts and other interesting items, just send us a stamped self-addressed envelope. Send 41 cents for Spring 55 edition of Physique Pictorial: 32 pages of physique photos 5 x 8.

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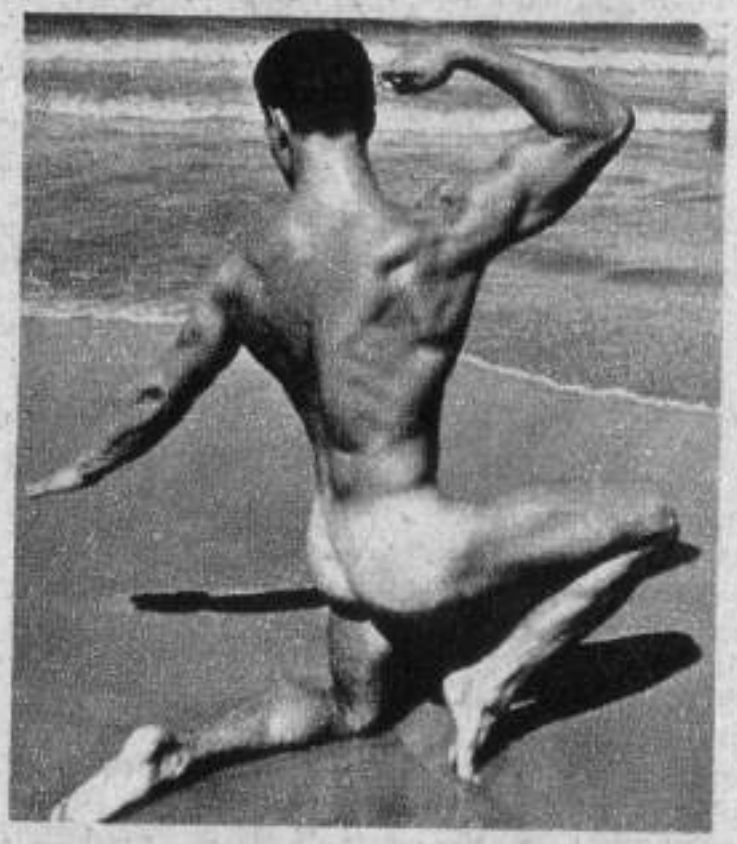

CATALOG B, features four exceptional physique models, captured by the camera in a series of unusual 'camera angle' poses. Price $1.00.

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"The Stardust Trail"

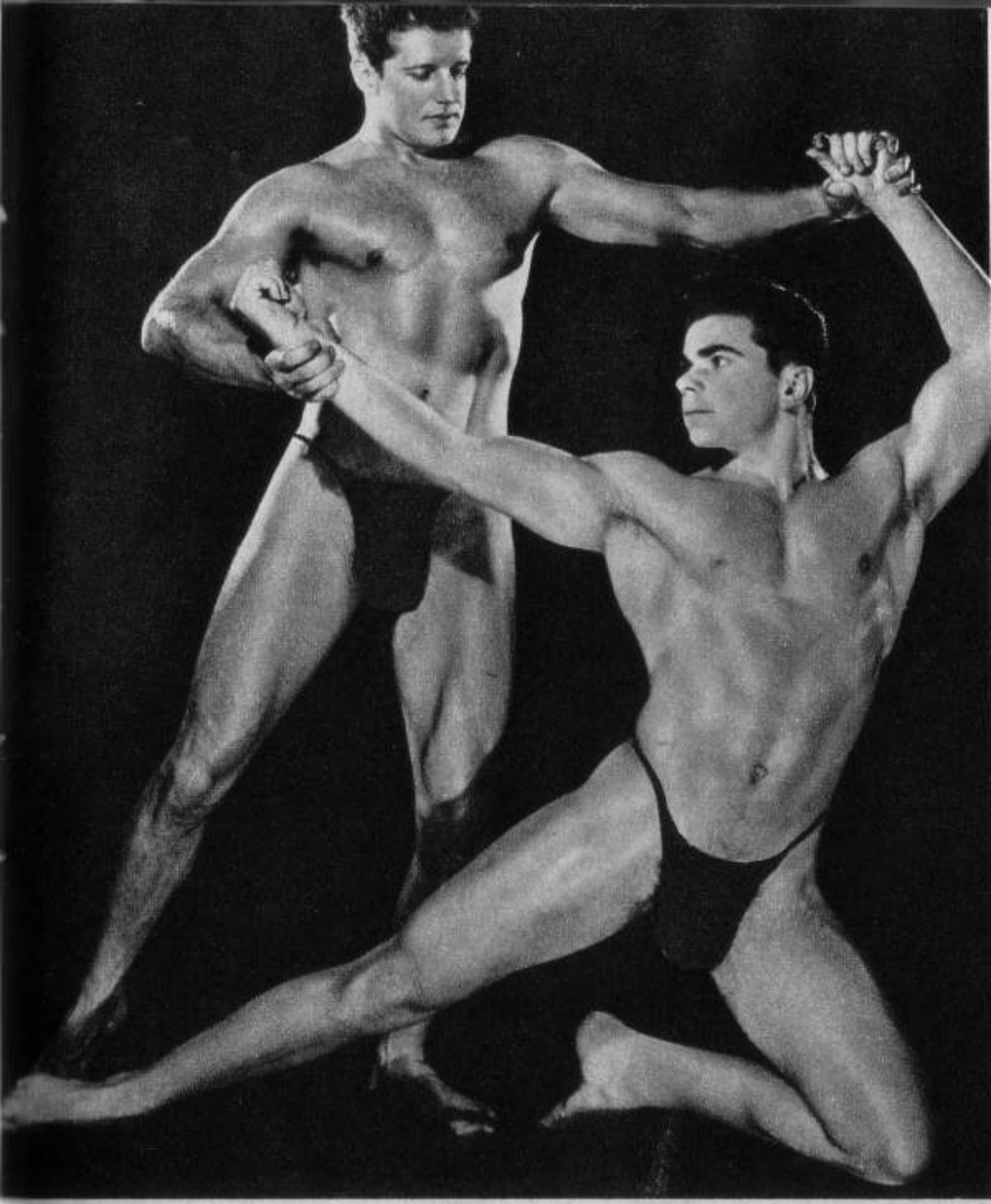
(*Continued from page* 17)

Los Angeles gives us handsome Jim Glasper of Arizona, 17 years old, who at a height of 5′ 5″ and a weight of 135 is still a terrific hunk of man.

Dave Martin of San Francisco sends us a study of Ed Siemons, also of San Francisco who is well known in the Bay area as an artist's model. In the lovely sylvan setting of green rushes, this is truly an artistic pose.

Athletic Model Guild covered the 1955 Mr. Los Angeles contest, and his camera has caught the imposing physique of 18 year old Lynn Lyman. Bruce also visited the contest and is further represented here by a photograph of the happy winner, Jerry Ross, one of the most talked-about bodybuilders of the day.

Lon of New York, and Lon of London are both contributors to our gallery this month. From across the Atlantic Lon has sent us this fine study of Clive Poster, famous for his fine build, and especially noted for his excellent legs. Lon



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of New York is represented by the super-build and flashing good legs of 17 year old Don Mesel.

From Detroit comes rugged Joe Marcy in a strongly inspiring shot by Bob Delmonteque . . . and we close our gallery this issue with a contribution by Quaintance . . . handsome, bronzed, happy-go-lucky Zaro Rossi.

"T" For Two

(*Continued from page* 25)

last year. Harry was a member of the "Eight International Adonises" who toured with Mae West in her fabulous night club act . . . the same group that included such stars as Lou Degni, Irvin Koszewski, George Eiferman, Armand Tanny, and Dick du Bois. Bodybuilders in this area who train at Abe Goldberg's gym recall the pleasure of their workouts with Harry, who with his 5′ 9″ height and weight of 175 pounds has built his superb physique through 5 years of exclusive weight-training.

John Weidemann was with us for a much longer spell. Appearing with Steve

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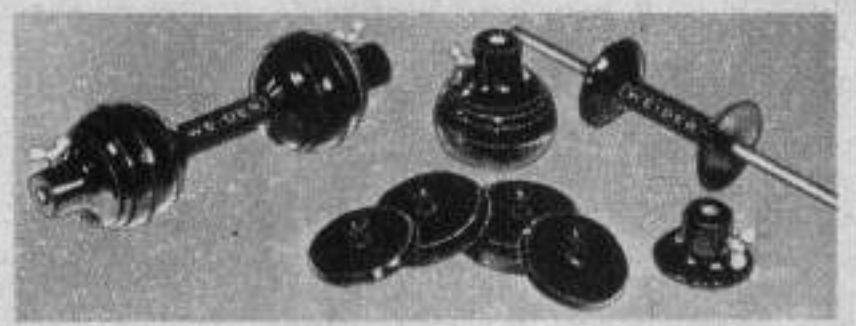

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John is no longer with "KISMET," having received an urgent call to return to Hollywood for motion picture work. Although his appearances to date have been very much in the nature of bit parts or supporting roles, we hear from our spies that John is being groomed for bigger and better things . . . a circumstance that will gladden the hearts of all who know and admire this amiable and talented Adonis.

"What's Cookin'?"

(*Continued from page* 3)

pigment, any longer period in the sun than is absolutely necessary merely serves to boil you to a bright lobster pink. Although the tan is both beautiful and healthful,

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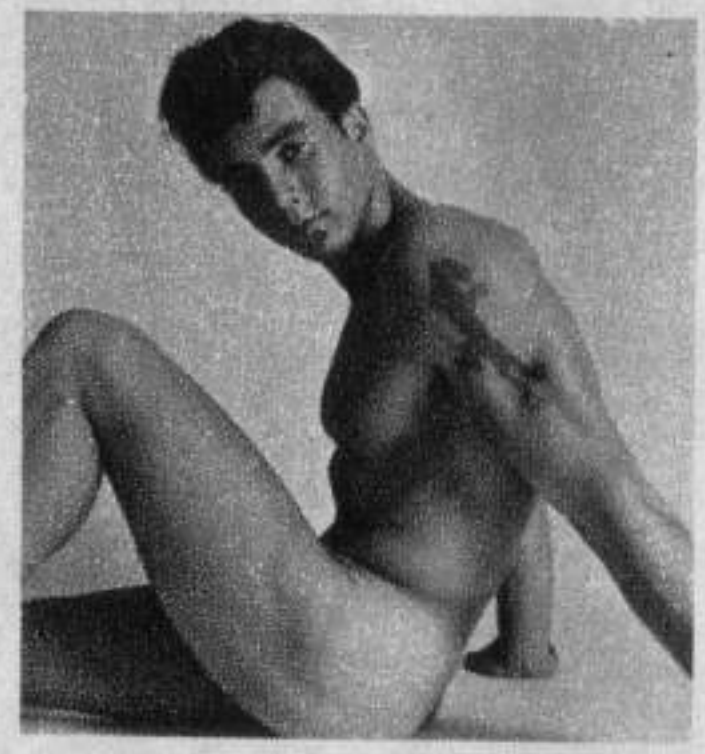

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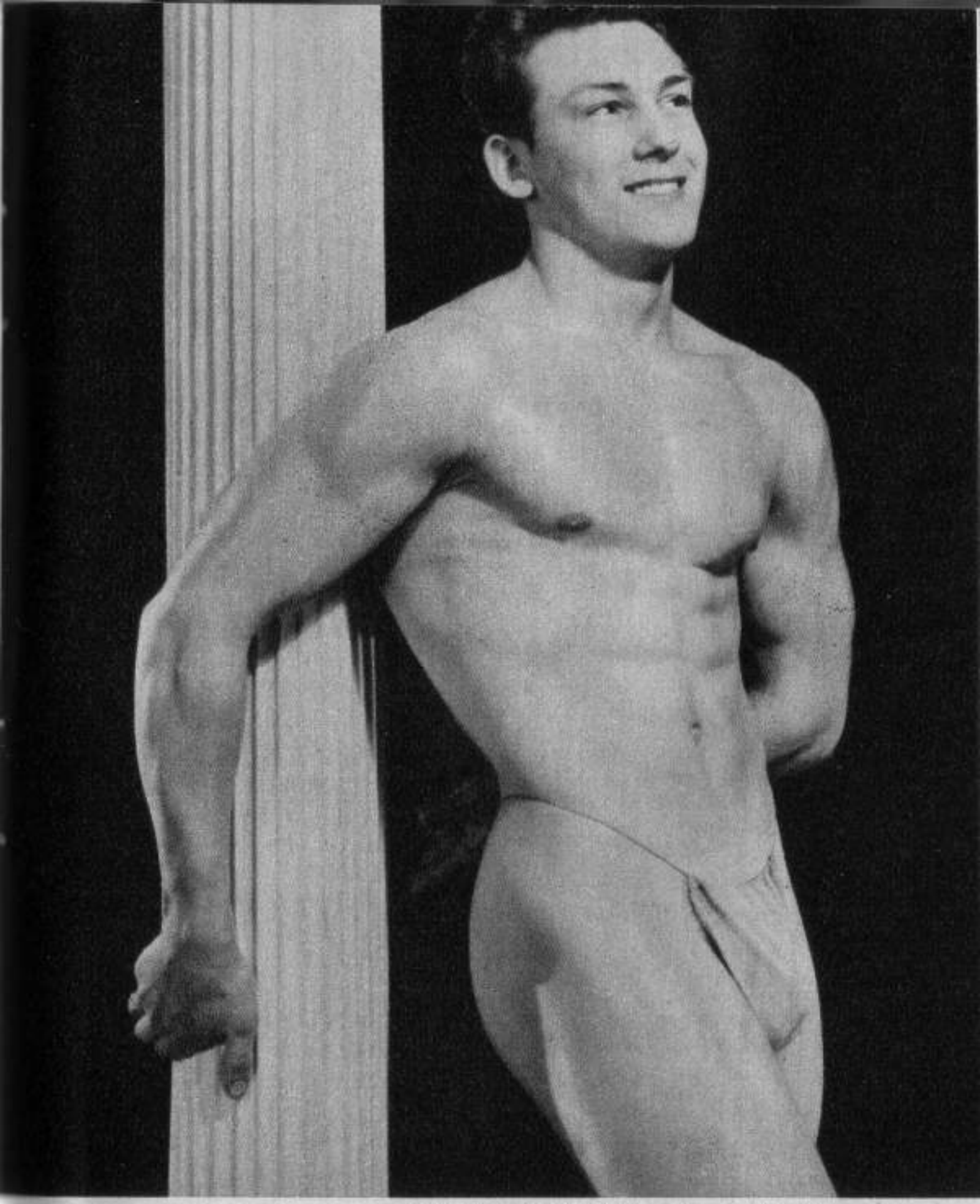

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"Masque of The Mystic East"

(*Continued from page* 13)

test, place an almost equal stress on man's ability to *do* something with his muscles, as opposed to the "muscles for muscles' sake" school of thought. As a result, this contest draws its participants from every country under the sun. Not only is the English bodybuilder himself represented in this colorful pageant, but frequently our own Mr. America finds himself competing with classic Latin types from France and Italy . . . sturdy Czechs . . . long-limbed Swedes . . . rugged Egyptians . . . and invariably one of his opponents will be some handsome and versatile athlete from Mother India.

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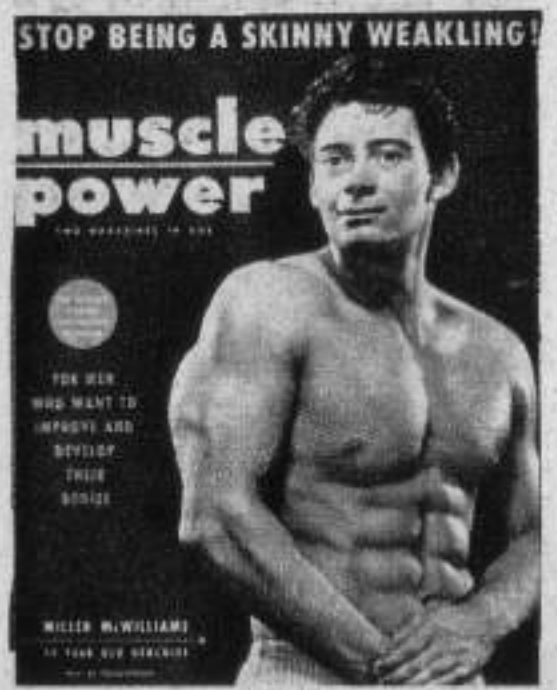

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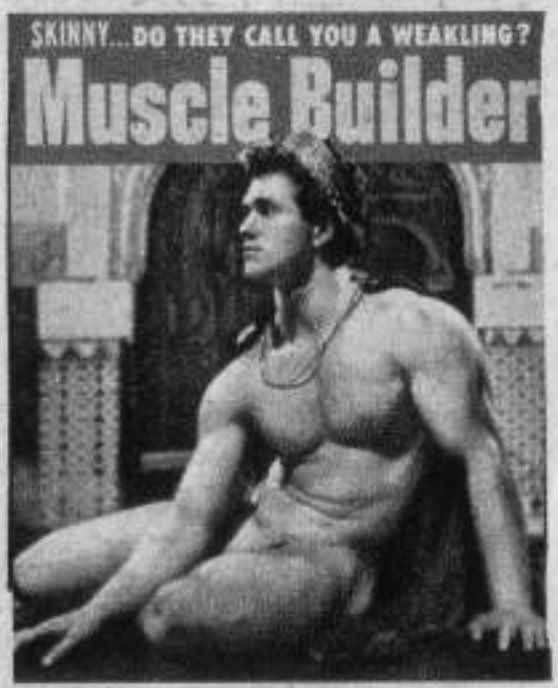

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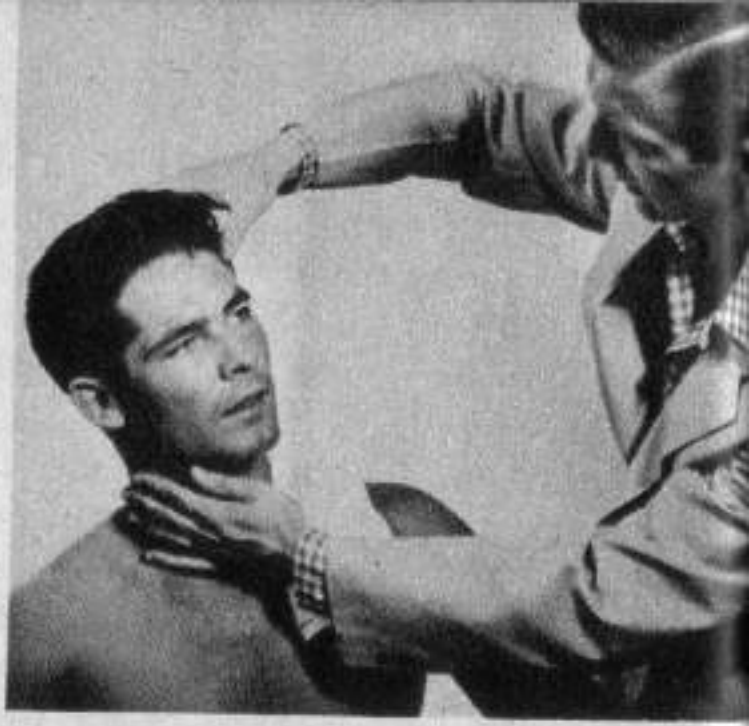

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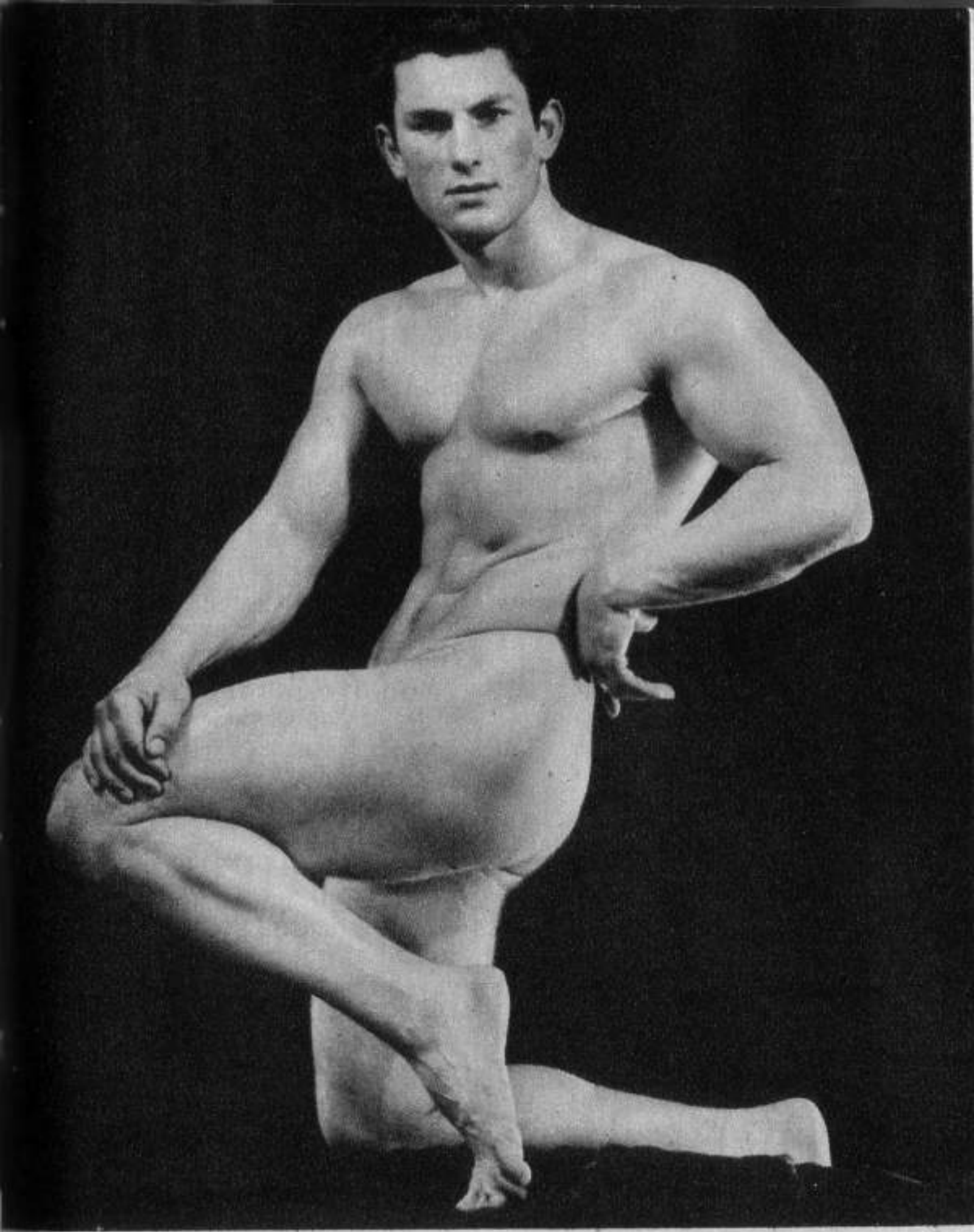

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"London Calling"

(*Continued from page* 31)

have come to expect as basic here in America, we saw a golden opportunity for contrasting the European ideal of the body beautiful with our own American standards of physical perfection, with a resultant benefit to both.

Last month in BODY BEAUTIFUL we presented a story about Spencer Churchill, one of England's all-time "greats," and accompanied it with some excellent studies of Spence which represented the first fruits of Lon's labors on the English scene.

This month we are proud to present our exclusives of Jim Stevens of London, who is only 16 years old, but who has already attained a massively muscular physique flowing with graceful lines of glorious symmetry. Jim is a posing "natural" if ever there was one!

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dynamic legs, he is impressively like the memorable John Grimek when that great bodybuilder was Jim's age.

We believe that you, our readers of ADONIS and BODY BEAUTIFUL, will agree that our advice to Lon was sound, and we would like to assure you that in the months to come you may happily expect even more startling photographic revelations through our little gesture of "hands across the sea." A very low bow to Lon of London this month for introducing us to handsome young Jim Sevens.

"Just Wonderful Good"

(*Continued from page* 37)

splendor of much shining chrome and electric blue paint. Shocked, I turned to my associate and said, "Red, I didn't know *you* were the outdoor type!"

"It's not mine" he indignantly denied . . . "*I've* got a *Thunderbird*!"

"Then how, pray, did it get up here?"

"I carried it up," said a deep voice off to one side of the door . . . "take a picture of me and my bike, mister? She's brand-new and wonderful good!" And into our range of vision stepped one of the handsomest young men it has been my pleasure to see . . . also, I might add, he's one of the strongest . . . he'd have to be to carry a 200 pound motorcycle up *that* flight of stairs.

Using our cloak-and-dagger methods on him we discovered that his name is James (alias "Buddy") Basil . . . that he lives in Lodi, New Jersey . . . is 16 years old, and a junior in high school. His magnificent body, which is noteworthy even when clothed, is a product of thrice-weekly sessions of weight training at Abe Goldberg's Muscle Mill.

Although Buddy had paid us a visit solely for the purpose of having some action shots made of himself with his bike, by dint of much coaxing we finally persuaded him to pose for some physique photographs which you will see in this issue.

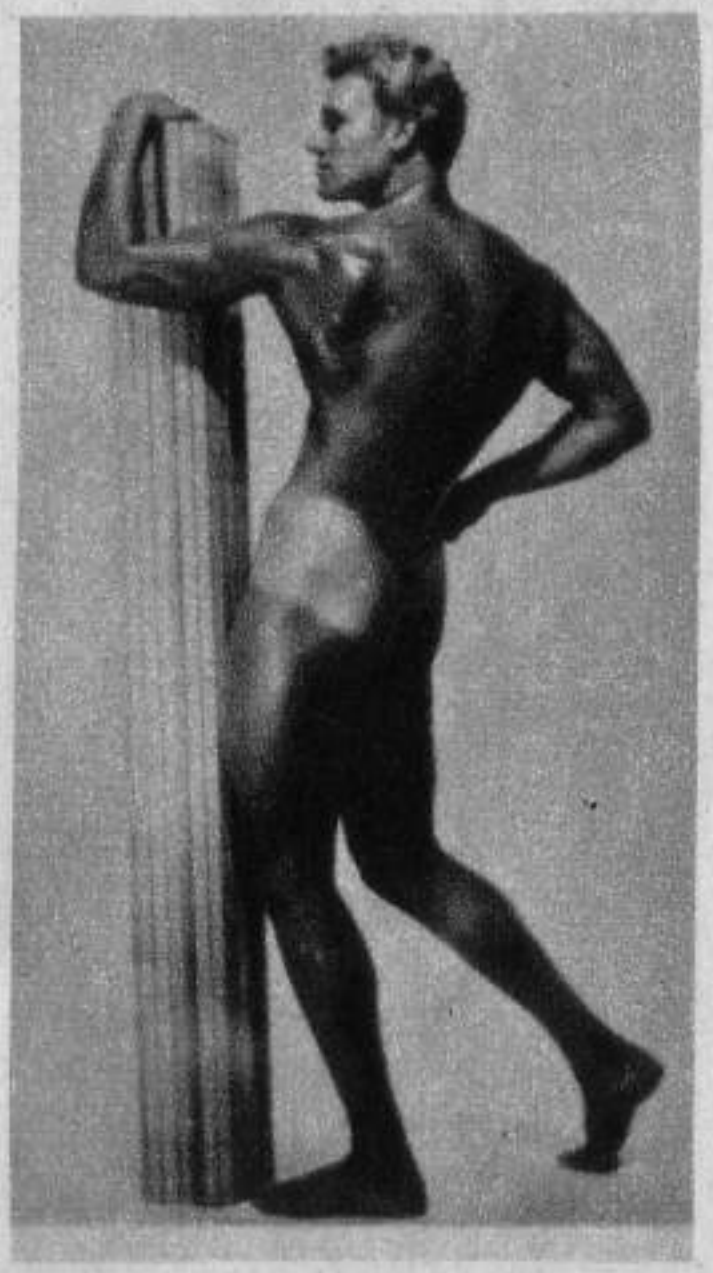
If you will examine them closely you will note that Buddy is in the throes of a bulking up program, and being the firm believer in heavy weight training that

he is, the more weight he can handle in an exercise the happier he is.

For those who are interested in his muscle statistics we can tell you that he is 5′ 7″ tall and weighs 170 pounds. His majestically muscled chest of 46″ angles down to a trim waist of only 31″ . . . his other measurements are scaled proportionately to those overall girths. His coal black hair and satiny skin texture give him a vivid theatrical appearance. With the complement of his clean-cut, strong, manly features he is the living epitome of the All-American Boy.

Buddy lives the cleanest of clean lives . . . he indulges in no food, drink, or pastime that will hinder his training or injure his physique in any way. Always serious during his training periods he lets nothing or no one distract him . . . of kind, gentle, and helpful disposition he wins and retains friends with consummate ease.

If Buddy doesn't mind us borrowing his oft-quoted expression, we'd like to tell him that we think he's "wonderful good!"



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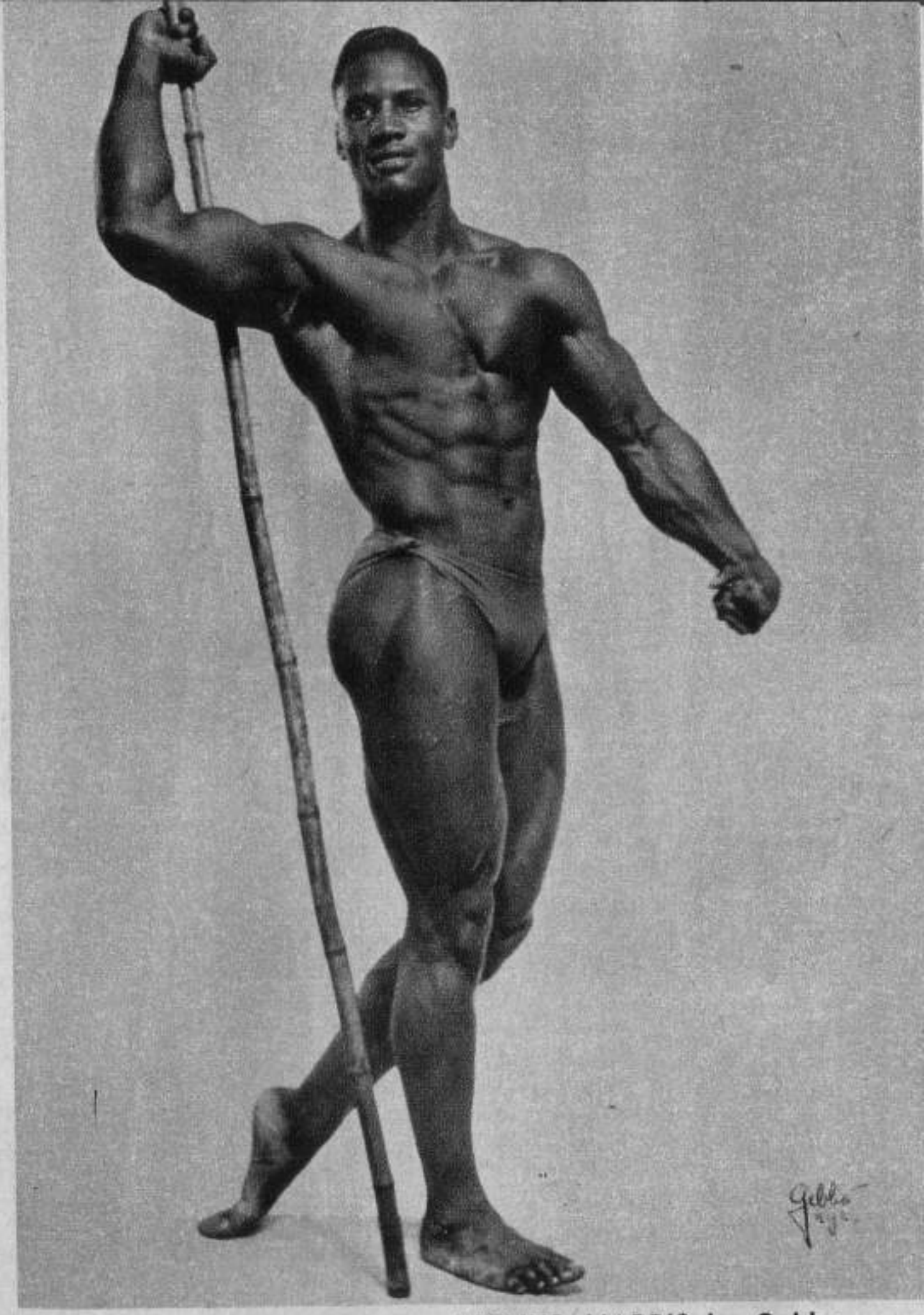

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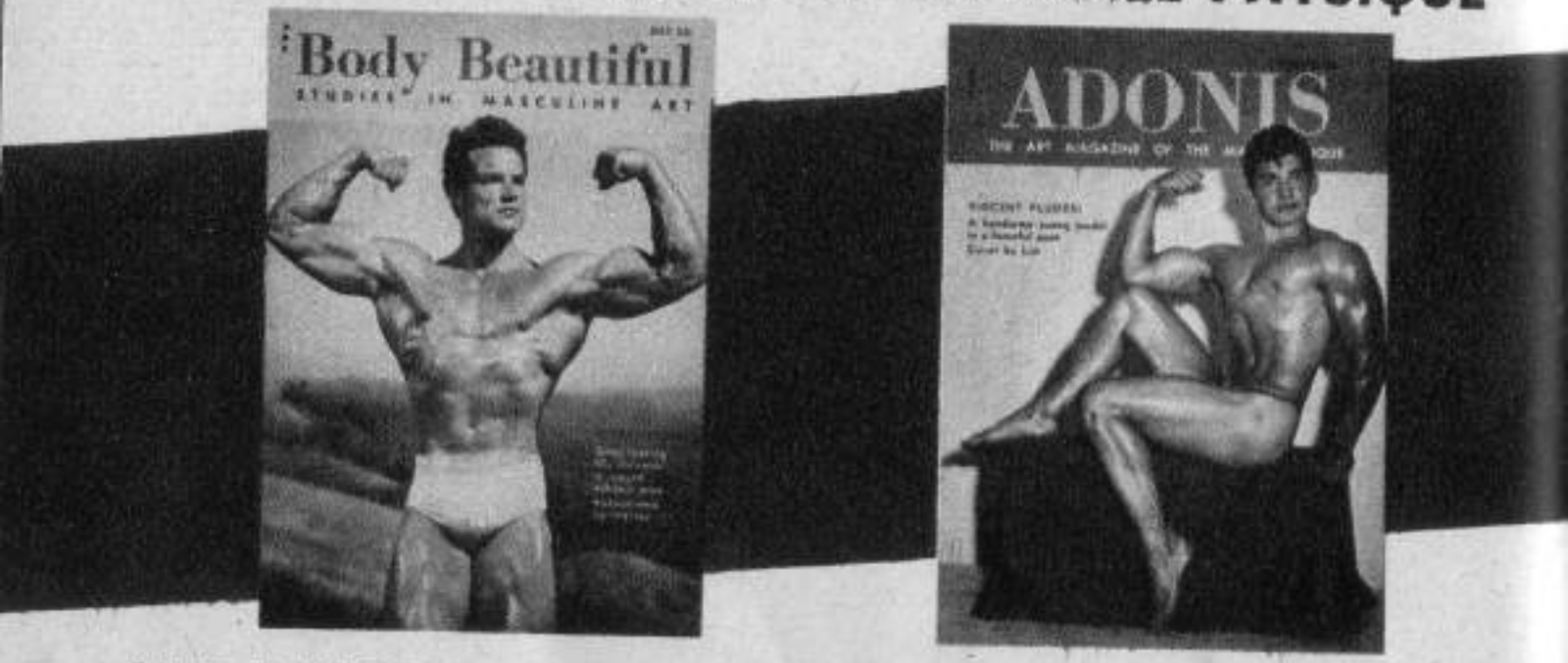

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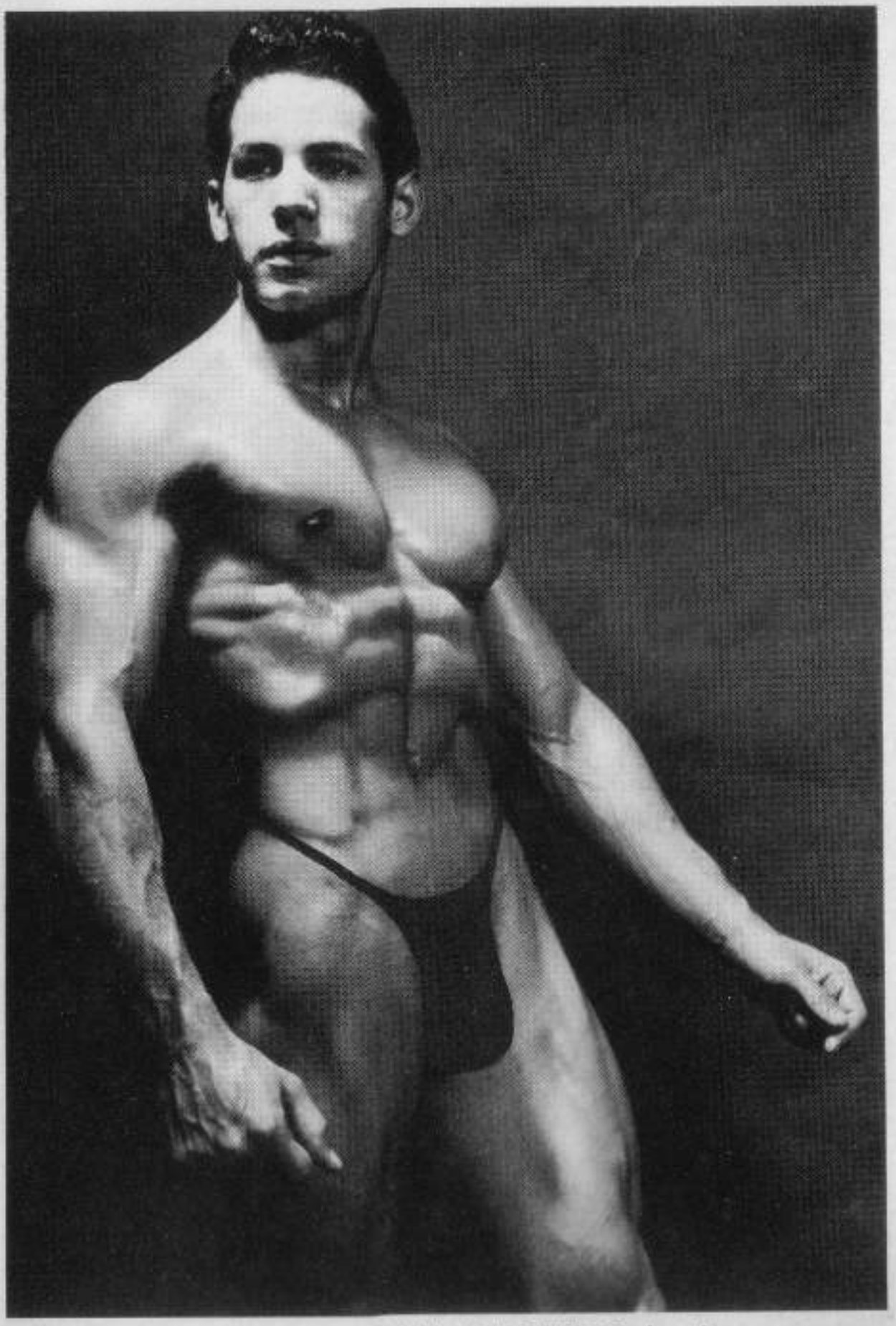
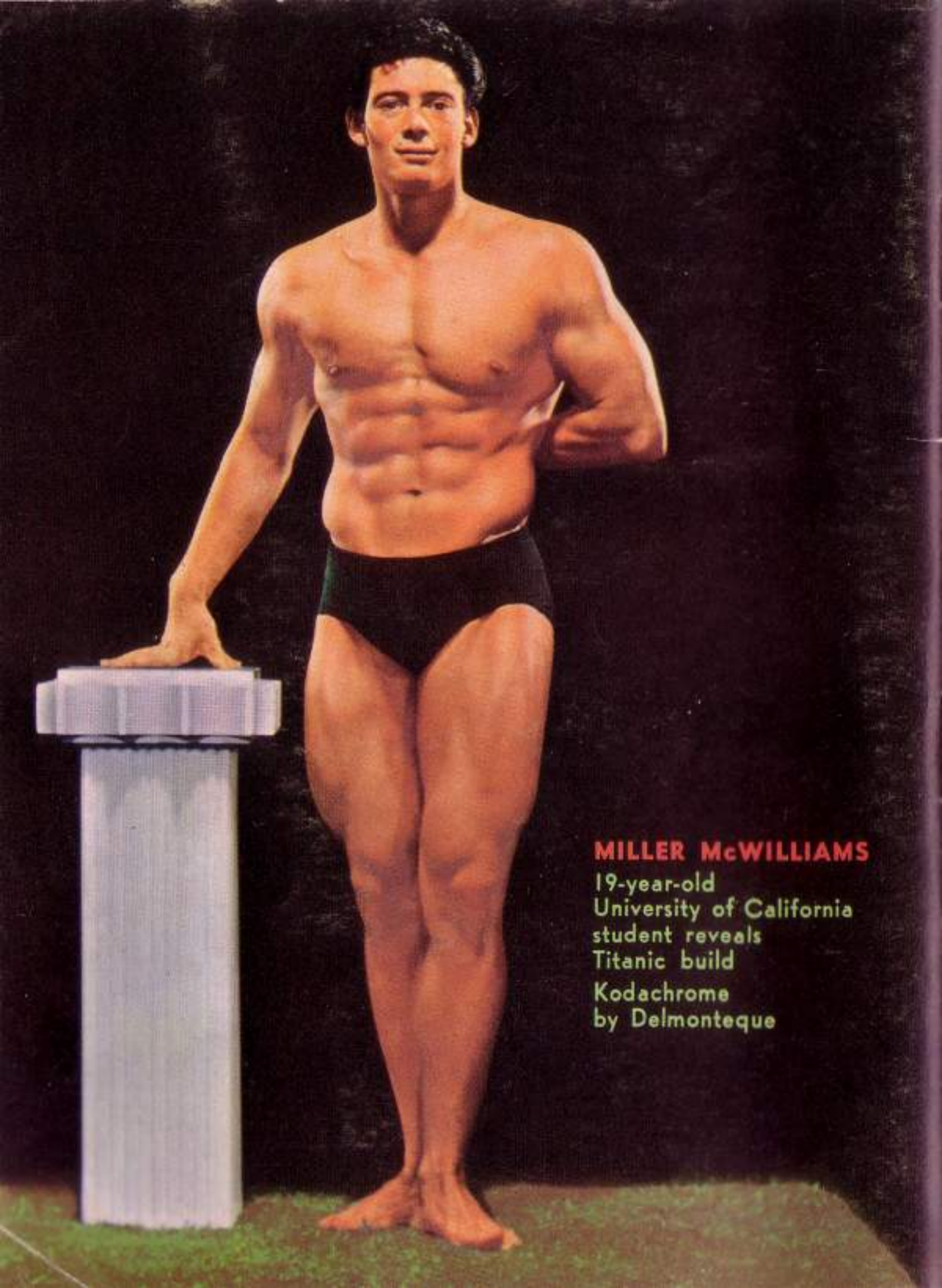


RAUL PACHECO by Lon

Young cavalier of Spanish ancestry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